INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY

**PROCEDURE DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ARRIVAL TIME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

The facility will call you **2 business days before** the procedure with the time you need to come in.

Cypress Ambulatory Surgery Center St. Joseph’s Same Day Surgery Center

5016 W. Cypress St, Suite 100 3001 W. Dr. Martin Luther King Blvd

Tampa, FL 33607 Tampa, FL 33607

(813) 488-5255 (813) 870-4711

**HOW TO PREPARE FOR THE PROCEDURE:**

* If you take any of the following medications Insulin, blood thinners such as: Coumadin, Plavix, Effient, Brilinta, Pradaxa, Eliquis and Xarelto- **contact the prescribing provider at least two (2) weeks before the procedure for specific instructions.**
* **STOP** iron supplements, vitamins and herbal supplements **5 days** before the procedure
* **STOP** aspirin, Aleve, Motrin, Naproxen or Ibuprofen **5 days** before the procedure. Tylenol is OK to take
* You must have a friend or family member over the age of 18 take you home from the facility. **NO FORM OF TAXI SERVICE IS ALLOWED.**

**DAY BEFORE PROCEDURE:**

**NO SOLID FOOD THE ENTIRE DAY BEFORE THE PROCEDURE!**

Drink **ONLY** clear liquids all day. Do not drink any liquids that are red or purple in color- cranberry juice, red grape juice.

**Examples of Clear liquids**: (nothing red or purple)

Soups: broth or bouillon (beef, chicken)

Juices: white grape, apple, white cranberry, etc

Desserts: Jell-O, Italian ice, Popsicles, etc

Beverages: Tea, Water, black coffee, Crystal light

**DO NOT** drink any milk or dairy products or any citrus drinks (orange juice, lemonade, grapefruit juice)

**PREPARTION INSTRUCTIONS:**

* At 6pm the day before the procedure, drink 2 bottles of Magnesium Citrate
* At 6am the day of the procedure use one Fleet enema
* **STOP** all liquids three (3) hours prior to the procedure, including water.
* **ONLY** take medications for blood pressure and heart with a sip of water three (3) hours prior to the procedure.

**\*\*Please allow a 5-business day notice for cancellation or there will be a $200 fee.**