

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

5016 W. Cypress St, Suite 100

Tampa, FL 33607

(813) 488-5255

St. Joseph's Same Day Surgery Center

3001 W. Dr. Martin Luther King Blvd

Tampa, FL 33607

(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.**