

Your procedure is scheduled on _____ and will be performed at the following location:

- ___ DHS Endoscopy Center, 2025 Frontis Plaza, Suite 210, Winston Salem, NC 27103
- ___ DHS Office Endoscopy, 137 Mt. Calvary Road, Suite A Thomasville, NC 27360
- ___ DHS Office Endoscopy, 280 Broad Street, Suite G, Kernersville, NC 27284
- ___ DHS Office Endoscopy, 112 East Kinderton Way, Suite 100, Advance, NC 27006
- ___ Forsyth Medical Center, Endoscopy Center, 3333 Silas Creek Pkwy, Winston Salem 27103
- ___ Thomasville Medical Center, 207 Old Lexington Road, Thomasville, NC 27360
- ___ J.R. Jones Medical Center, 402 West King St., King, NC 27021
- ___ Kernersville Medical Center, 1750 Kernersville Medical Parkway, Kernersville, NC 27284

with Dr. _____ Please arrive at _____ AM/PM.

FLEXIBLE SIGMOIDOSCOPY

PATIENT INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY

You will need to buy 10oz. Magnesium Citrate (any flavor) and Fleets Enema

Day before Procedure:

- 1) Clear liquid diet for the entire day. No Solid food. Clear liquids allowed
As follows:**

| | |
|-----------------------------------|--|
| Black Coffee | Cranberry Juice |
| Tea | Gatorade |
| Water | Coke |
| Sprite | Pepsi |
| 7-Up | Bouillon |
| Ginger-ale | Jell-o (with no fruit added or no red jell-o) |
| Apple Juice | Popsicle's (no red, please) |
| Hard candy and gum allowed | |

- 2) At approximately 12 noon, drink 10oz Magnesium Citrate (either flavor).
Can be purchased over the counter at the drug store or grocery store.**

Day of the Procedure:

- 1. Clear liquid breakfast allowed, early in the morning.**
- 2. Take a Fleets Enema per package directions 2 hrs prior to appt.**
- 3. If you are having sedation clear liquids must be stopped 3 hours prior to procedure. Please bring someone with you to drive you home. This is essential, since you will receive medication. Driver should be prepared to remain in the endoscopy waiting area during your entire procedure and be available at the time of your discharge.**