

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 Endoscopy Center, 137 Mt Calvary Road, Thomasville, NC 27360
- \_\_\_ DHS Endoscopy Center, 280 Broad Street, Suite G, Kernersville, NC 27284
- \_\_\_ DHS Endoscopy Center, 112 East Kinderton Way, Suite 100, Advance, NC 27006
- \_\_\_ DHS Endoscopy Center, 434 Kirby Road, King, NC 27021
- \_\_\_ FMC Medical Center, Endoscopy Center, 3333 Silas Creek Pkwy, Winston Salem 27103
- \_\_\_ Thomasville Medical Center, 207 Old Lexington Road, Thomasville, NC 27360
- \_\_\_ 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, no dairy, no red liquids. Clear liquids allowed as follows:**

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

- 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) **If you are receiving sedation, clear liquids must be stopped 3 hours prior to procedure.**
- 2) **Take a Fleets Enema per package directions 2 hours prior to appointment.**
- 3) **If you receive sedation, you will need a driver. You may not drive for the remainder of the day.**
- 4) **Do not smoke on the day of your procedure.**

**\*\*\*If you need to reschedule or cancel your procedure, you must call 336-768-6211 at least 72 hours prior to your appointment date or you will be billed a \$250 cancellation fee.**