

APPOINTMENT DATE \_\_\_\_\_

ARRIVAL TIME \_\_\_\_\_

**REGISTER AT KENMORE MERCY HOSPITAL  
2950 ELMWOOD AVENUE, KENMORE, NY 14217  
(716) 447-6100**

**Dr. Chubineh's Flexible Sigmoidoscopy Preparation  
No prescription necessary, purchase over the counter  
10 ounce bottle of Magnesium Citrate (not red or purple)  
2 Fleets enemas**

The following instructions are very important. Please read this thoroughly and follow the instructions as outlined. The preparation for your flexible sigmoidoscopy is among the most critical parts of your procedure. The bowel must be adequately cleansed for proper visualization; otherwise the exam may need to be repeated. Please follow the instructions carefully to avoid having to reschedule your procedure. **Please be sure to take the prep as directed. If you have any questions or problems, please call us at 716-240-2296 so we can resolve them as soon as possible.**

**Prior to your procedure**

**1 week prior to your procedure**

1. If you are on Coumadin (Warfarin), Plavix, Pradaxa (Dabigatran), Xarelto (Rivaroxaban), Aggrenox, Lovenox, or any other blood thinning medication, contact the physician that prescribes this medication to discuss if discontinuation will be required. If you have any questions, please contact our office.
2. Be sure to let us know if you have had coronary artery stents placed in the last year.
3. Consider the clear liquid diet you will be adhering to, and ensure that you have enough clear liquids to keep yourself hydrated and feeling full the day before your procedure. (See clear liquid diet included at bottom of next page).

**2 days prior to your procedure**

1. Stop all non-steroidal medications including Ibuprofen, Advil, Motrin, Aleve, Indocin, and Celebrex,  
You may use Tylenol (acetaminophen) as a substitute. If you require stronger pain medication, contact your Primary Care Physician.
2. You may continue with your multivitamin.

**The day prior to your procedure**

1. **You may have a regular lunch. Take only clear liquids for dinner.**
2. With the exception of the medications outlined above, all medications may be taken as usual.
3. Do not drink alcohol.

4. Be sure to drink plenty of fluids before your procedure. If you become dehydrated, it could affect your kidney function.
5. Drink liquids with calories, not dietetic or sugar free products, so your blood sugar does not get too low. We recommend Gatorade or other sports drinks.
6. Do not have anything red or purple in color.
7. Do not consume dairy products (milk) or juices with pulp.
8. You may have water, Gatorade, or other sports drinks, black coffee or tea (sugar is OK), apple, white grape or white cranberry juices, ginger ale, Sprite, 7-Up, seltzer, popsicles, clear beef, chicken bouillon, and Jell-O.

### **6:00 PM**

1. Drink the bottle of Magnesium Citrate.
2. Continue to drink clear liquids until bedtime.
3. The laxative effect can begin within 1-4 hours. Be prepared to be near the bathroom during the preparation.
4. Use a Fleets enema prior to bedtime.

### **The day of your procedure**

#### **4-6 hours before arrival time**

1. Do not have breakfast of any kind.
2. All oral diabetic medications should **not** be taken the day of the procedure.
3. Patients on insulin should contact the physician who prescribes the insulin for instructions for day prior to and day of the procedure. Check your blood sugar frequently while taking the preparation and the day of the procedure.
4. Take all your heart, blood pressure, and seizure medications as usual with small sips of water.

#### **3 hours before your arrival time**

**DO NOT DRINK ANYTHING INCLUDING WATER FOR 3 HOURS BEFORE YOUR ARRIVAL TIME.** If you do, we may be unable to perform the procedure.

Use the 2<sup>nd</sup> Fleets enema at 7 AM or 2 hours prior to your procedure.

#### **After your Flexible Sigmoidoscopy**

1. Because you are receiving moderate sedation, you must have an adult accompany you home. If you do not have a ride, we cannot do the procedure with sedation, but may do the procedure without sedation
2. The person driving you must accompany you at check in for confirmation and instructions for pick up.
3. You should not plan to work, schedule other appointments or meetings following the procedure if you receive sedation. You should not drive the remainder of the day.
4. After your procedure if completed, you may experience some cramping or bloating because of the air introduced into the colon during the examination. This should discontinue promptly with the passage of the gas.
5. If you should experience any fever, chills, worrisome rectal bleeding, or severe abdominal pain, contact the office immediately.