

**You are scheduled to receive a  
FLEXIBLE SIGMOIDOSCOPY  
EXAM.**

**Please read all of the following  
information carefully and ahead  
of time so that you can be  
adequately prepared for this  
procedure.**

**Do not hesitate to contact your  
doctor or call (858) 939-6531  
with any questions or concerns.**

**Your Appointment Information:**

**Date:** \_\_\_\_\_

**Time:** \_\_\_\_\_

**Physician:** \_\_\_\_\_

**Sharp Rees-Stealy San Diego  
Department of Gastroenterology**

*Please be aware that cancellation of your procedure within  
72 hours of your scheduled appointment time may be  
subject to a \$100 cancellation fee.*

**WHAT IS A FLEXIBLE SIGMOIDOSCOPY?**

A flexible sigmoidoscopy is a visual examination used to evaluate the colon. During a flexible sigmoidoscopy exam, a thin, flexible tube is inserted into the rectum. A small camera at the tip of the tube allows your doctor to view the inside of the rectum and most of the sigmoid colon.

We want your flexible sigmoidoscopy exam to be as comfortable and successful as possible and your attention and adherence to these guidelines is vital to this success. Please read this entire information packet and follow all of the instructions without skipping or altering any of the steps.

## HOW TO PREPARE FOR YOUR FLEXIBLE SIGMOIDOSCOPY

- ❑ **Purchase preparation materials at the Sharp Rees-Stealy Pharmacy prior to leaving the medical center.**
  - You will need to purchase one bottle of **Magnesium Citrate** and two **Fleet Ready-to-Use Enemas** to cleanse the colon in preparation for your sigmoidoscopy exam.
  
- ❑ **Purchase clear liquids – you cannot eat solid food after 2 p.m. the day prior to your procedure.**
  - Acceptable clear liquids include the following (avoid red- or purple-colored liquids):
    - Strained fruit juices without pulp (such as apple, white grape and lemonade) – *no purple or red varieties*
    - Water
    - Clear broth or bouillon
    - Coffee or tea (without milk, cream or non-dairy creamer)
    - Gatorade/sports drinks – *no purple or red varieties*
    - Carbonated and non-carbonated soft drinks – *no purple or red varieties*
    - Plain Jell-O/gelatin dessert (no added fruit or toppings) – *no purple or red varieties*
    - Popsicles – *no purple or red varieties*

### FLEXIBLE SIGMOIDOSCOPY PREPARATION INSTRUCTIONS

Excellent preparation is crucial to assure proper cleansing of your colon, allowing for an accurate and effective sigmoidoscopy. Please follow these instructions fully and do not hesitate to contact your doctor's office if you have any questions or concerns.

You can create a personalized preparation schedule below by noting the dates and times of each preparation step as related to your sigmoidoscopy appointment time.

These preparations begin the day before your procedure. Remember, failure to follow these directions may result in the rescheduling of your procedure to a later date.

Please note that your body loses significant amounts of fluid during bowel preparation. To prevent dehydration, it is important to supplement that fluid loss with clear liquids (see the list of acceptable clear liquids earlier in this packet). Make a conscious effort to drink clear liquids as much as you can. You may continue to drink clear liquids until your exam.

 **1 DAY PRIOR TO YOUR FLEXIBLE SIGMOIDOSCOPY**

DATE \_\_\_\_\_

- Eat breakfast, a generous lunch and anything else you want before 2 p.m.

 **1 DAY PRIOR TO YOUR FLEXIBLE SIGMOIDOSCOPY, AT 2 P.M.**

DATE \_\_\_\_\_/TIME \_\_\_\_\_

- Stop eating all solid food. Do not eat anything until after your procedure tomorrow. You may drink as many clear liquids as you want before your exam (see the list of acceptable clear liquids earlier in this packet).

 **1 DAY PRIOR TO YOUR FLEXIBLE SIGMOIDOSCOPY, BETWEEN 6 – 7 P.M.**

DATE \_\_\_\_\_/TIME \_\_\_\_\_

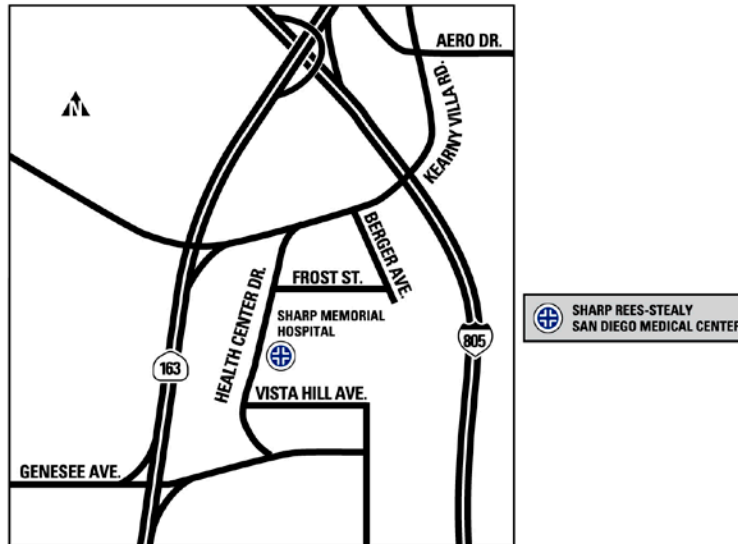
- Drink the entire bottle of Magnesium Citrate and continue to drink clear liquids.

 **2 HOURS PRIOR TO YOUR FLEXIBLE SIGMOIDOSCOPY**

DATE \_\_\_\_\_/TIME \_\_\_\_\_

- Use the two Fleet Ready-to-Use Enemas.
  - Insert the first enema rectally, hold it for five minutes and expel.
  - Insert the second enema rectally, hold it for five minutes and expel.
- Continue to drink clear liquids.

## DIRECTIONS TO SHARP REES-STEALY SAN DIEGO 2929 Health Center Drive, San Diego, CA 92123



### Directions to Sharp Rees-Stealy San Diego Medical Center from I-163 traveling south

- Exit Genesee Avenue, turn left/east
- Turn left on Health Center Drive
- Pass Vista Hill Avenue
- The medical center is on the right, just before you get to the parking structure
- Turn right at the entrance to Sharp Rees-Stealy San Diego Medical Center
- Turn right at your first opportunity
- Patient parking is located in the surface lot south of the SRS building

### Directions to Sharp Rees-Stealy Medical Center from I-163 traveling north

- Exit Genesee Avenue, turn right/east
- Turn left on Health Center Drive
- Pass Vista Hill Avenue
- The medical center is on the right, just before you get to the parking structure
- Turn right at the entrance to Sharp Rees-Stealy San Diego Medical Center
- Turn right at your first opportunity
- Patient parking is located in the surface lot south of the SRS building

### Directions to Sharp Rees-Stealy San Diego Medical Center from I-805 traveling north

- Exit Mesa College Drive/Kearny Villa Road, turn left/west
- Turn left on Health Center Drive
- Pass Frost Street
- The medical center is on the left, just past the parking structure
- Turn left at the entrance to Sharp Rees-Stealy San Diego Medical Center
- Turn right at your first opportunity
- Patient parking is located in the surface lot south of the SRS building

NOTE: If traveling south from I-805, there is no south-bound exit from the I-805 freeway. It is best to transfer to I-163, and then follow those directions above to the medical