

# Flexible sigmoidoscopy prep.

## Location information:

3800 Reservoir Rd. NW,  
Main Building, 2nd Floor, Room M2210  
Washington, DC 20007

For procedure questions or to reschedule a procedure call  
**202-444-3700**.

Arrive 1 hour prior to your scheduled procedure time.

## Things to bring

- Referral (if applicable). Fax to **877-680-8192** prior to your procedure, if possible.
- Your current insurance card(s), co-pay (if applicable), and a government-issued picture ID.
- A list of ALL of your current medications and allergies.
- A copy of your most recent medical evaluation (if outside of MedStar Health).
- A copy of your EKG (if applicable).

## Important notes

Fax any required medical clearances to  
**877-680-8192** in advance of your procedure.

## Transportation

You should expect to spend up to 4 hours in our department on the day of your sigmoidoscopy.

You are not to drive for the remainder of the procedure day. Make arrangements for a responsible adult or medical transport to drive you home after your procedure. They do not need to stay the duration of your procedure; they will receive a phone call when you are ready to go.

You may not use a bus, a taxi, or a ride share application (Uber, Lyft, etc.) without a responsible adult.

## Medications

If you are on **blood thinners** such as Coumadin or Plavix, insulin or other **diabetic** medications, please let us know and check with your prescribing physician for instructions.

## Questions? Nurse/Fellow contact

It is not uncommon for individuals to experience bloating or nausea when drinking the solution. If vomiting or other symptoms occur that concern you, please call:

**202-444-3700**, Monday to Friday, 8:30 a.m. to 5 p.m. and ask to speak to a nurse.

**202-444-7243**, Monday to Sunday, 5 p.m. to 8:30 a.m. and ask for the GI Fellow on call.

## 7 Days before your sigmoidoscopy

- Avoid eating corn, nuts, seeds, and popcorn. See attached low fiber diet recommendations.
- Purchase the following from the pharmacy (no prescription needed):
  - One bottle of Citrate of Magnesium (300 ml)
  - One package of Simethicone anti-gas tablets (such as Gas-X, Mylanta Gas, Maalox Anti-Gas, or a similar product)
  - Two Fleet Enemas (4.5 oz.)

## 3 Days before your sigmoidoscopy

Do not consume any red liquids

## Day before your sigmoidoscopy

- Starting with breakfast, consume a clear liquid diet. This consists of liquids that you can see through such as Jell-O (yellow and orange only) with no added toppings, water, clear broth, clear fruit juices without pulp (apple, lemonade, white grape), Sprite, Ginger Ale, tea or black coffee (without cream, milk or non-dairy creamer).
- Drink the bottle of Citrate of Magnesium (300ml) between 4 and 6 p.m.
- Take 2 Simethicone anti-gas tablets (such as Gas-X, Mylanta Gas, Maalox Anti-Gas, or similar product)
- Drink plenty of water. Do not drink alcoholic beverages 24 hours before your procedure.

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## Day of your sigmoidoscopy

- Do not eat any foods (including candy, gum, or lozenges) or drink liquids (including water) until AFTER your procedure.
- Four hours before your procedure, administer first Fleet's Enema and retain for 5 to 10 minutes and then expel it.
- Two hours before your procedure, administer second Fleet's Enema and retain for 5 to 10 minutes and then expel it.

\*If you are passing stool after completing the above steps, please call **202-444-3700** to speak to a nurse.

## Day of your sigmoidoscopy— medications

- Take your blood pressure and heart medications with a small sip of water at least 4 hours prior to your procedure time.
- Any other medications will be held until after your procedure.

**It's how we  
treat people.**