



PREPARATION FOR SIGMOIDOSCOPY

1. Please purchase the following non-prescription items in the pharmacy:
 - a) 1 ½ (one and a half) ounces of phosphosoda
 - b) 2 Fleet brand regular (green box) enemas, or the generic equivalent
2. Please call Trinity Center before starting if you take medication for **diabetes**.
3. On the **day prior** to the sigmoidoscopy, you should have only liquids for supper, and not eat anything solid for the rest of the evening.
4. Take all of your usual medications on the day before the colonoscopy except _____.
5. At **7 PM** on the evening prior to your sigmoidoscopy, take one tablespoon of phosphosoda in 8 ounces of clear juice, a soft drink (lemon-lime flavors work best), or water. Clear liquids are apple, grape or cranberry juices, soda, or bouillon. Ten minutes later drink another 8 ounces of liquid mixed with one tablespoon of phosphosoda. Repeat again in ten more minutes. After drinking these, you should have one more glass of liquid. Drink more clear liquids if you desire. You will have several increasingly loose bowel movements within an hour after taking the phosphosoda.
6. **Before you leave your home or office on the day of the sigmoidoscopy, give yourself two Fleet enemas.**

To give yourself and enema, first lie on your left side. Remove the cap from the applicator and gently insert the applicator into your rectum. Squeeze the soft plastic reservoir until empty. Remove the applicator and remain on your left side for five minutes. Try to resist the urge to defecate. Having someone else give you the enema produces a more thorough cleansing effect. Remain on your left side for the full five minutes, rather than arising and waiting in the bathroom.

The two enemas should be given separately. Try to defecate after each enema.

7. If your sigmoidoscopy is scheduled for the morning, you should have nothing to eat or drink after midnight before the sigmoidoscopy, **but you must, however, take your usual morning and evening medications** for hypertension, heart or thyroid conditions, asthma, or other medical conditions, including on the day of the test, **except** _____.
8. If your sigmoidoscopy is scheduled for the afternoon, you may drink clear liquids until one hour before coming to the office. You should not eat anything solid. **You should take all of your usual morning medications**, however, except _____.
9. Come to the 2nd floor of 111 Broadway in Manhattan on _____ at _____ M. Please bring your insurance cards, your referral authorization (If you have managed care), photo id and this sheet. Dr. _____ will perform your sigmoidoscopy.
10. Plan to spend about one hour at the office. The sigmoidoscopy itself will take about 10 minutes.
11. If you have any questions, please do not hesitate to call the office.