Sigmoidoscopy Preparation

Physician:

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Procedure Date__________ ARRIVAL TIME______ (one hour before your procedure)
Procedure Time__________

Your procedure is scheduled at: (SEE DIRECTIONS AND MAP ATTACHED)

- University of Miami Hospitals and Clinics Sylvester Cancer Center (UMHC) (George & Estelle Rosenfield Endoscopy Suites)
  1475 NW 12th Ave, Miami, FL 33136
  (305) 243-8644 (UMGI) or 305-243-5718

- University of Miami Hospital (UMH) GI Center - formerly Cedars Medical Center
  1286 NW 14th St, Miami, FL 33136 (South Building, 4th Floor)
  (305) 243-8644 (UMGI) or 305-325-5413

Preparation
Flexible sigmoidoscopy is an examination of the first part of the colon (large bowel) called sigmoid with a flexible tube about the thickness of your pinkie finger, which transmits a live color image onto a television screen. There are many things a person would rather do than undergo a bowel prep for a sigmoidoscopy, but your efforts at cleansing your sigmoid are essential for an accurate procedure. These instructions are designed to maximize the ease, safety and success of your preparation.

Purchase at the Pharmacy/Grocery Store: (over the counter preparations)
- One bottle of Magnesium Citrate 10 oz. bottle (not cherry)
- One Fleet (Regular) Enema
- Aloe wet wipes (prevents a sore bottom) optional
- Desitinointment (prevents a sore bottom) optional
- Clear liquids (see list below)

One Week Prior to the Procedure
- DO NOT take iron pills or medications that may cause bleeding. These medications may include: Plavix, Coumadin, Aspirin, Percodan, Alka-Seltzer. You MUST stop any anti-inflammatory type drugs including: Empirin, Ecotrin, Bufferin, Ascriptin, Ibuprofen, Motrin, Advil, Medipren, Nuprin, Naprosyn, Naproxen, Sulindac, Clinoril, Piroxicam, Feldene, Indomethacin, Indocin, Diclofenac, and Voltaren.
- STOP all herbal medications, multivitamins and Vitamin E.
- TYLENOL and other brands which contain ACETAMINOPHEN are safe to use prior to this procedure.
- Alert the office and the GI if you have an Implanted cardio defibrillator and the manufacturer.

One Day before the procedure:
- Have a clear liquid diet after lunch the day of your procedure until midnight. Avoid liquids that are red or purple in color such as red grape or cranberry juice. Avoid dairy products and juices with pulp such as orange or grapefruit juice.
  Soups: Clear broth or consommé
  Sports drinks: Gatorade, PowerAde, Propel
  Juices: white cranberry, white grape, apple, limeade, strained lemonade
  Beverages: tea, coffee, kool-aid, carbonated beverages, Enlive, Boost Breeze, water
- Desserts: water ices, Italian ices, popsicles, Jell-O

At 7:00 p.m. the night before your scheduled procedure, drink a bottle of Citrate of Magnesium.
It is important that you drink as much fluid as you can throughout the day.