

PRINCETON GASTROENTEROLOGY ASSOC. PA  
TO SCHEDULE CALL #609-924-1422 FAX #609-924-7473  
PREP FOR FLEXIBLE SIGMOIDOSCOPY

Your procedure is scheduled at :  
**Princeton Endoscopy Center**, LLC, First Floor  
Princeton Plaza, Suite #104, 731 Alexander Rd,  
Princeton, NJ 08540  
Tel# 609-452-1111

Your procedure is scheduled at:  
**University Medical Center at Princeton-Plainsboro**  
Medical Arts Pavillion, 5 Plainsboro Rd, 2<sup>nd</sup> Floor  
Plainsboro, NJ 08536  
Tel# 609-853-7500

Your procedure generally takes about **20 minutes** but you should plan on being present for about **1 ½ -2 hours**.

Please purchase the following **OVER THE COUNTER** products :

- **MAGNESIUM CITRATE LAXATIVE**, 10oz bottle
- **2 FLEET ENEMAS** (in the green & white box)

The **night before** your flexible sigmoidoscopy eat a light dinner **before 7pm**. Then at **7pm** drink the whole bottle of Magnesium Citrate laxative. After drinking the Magnesium Citrate you may have only **CLEAR LIQUIDS** listed below (as long as they are **NOT RED OR PURPLE COLORED**) & you must drink plenty of clear liquids to prevent dehydration. **AFTER MIDNIGHT**, do **NOT** drink anything --- not even water. Please stay close to the bathroom.

You may drink any of the following **CLEAR LIQUIDS** as long as they are **NOT RED or PURPLE colored**:

- Water
- Clear broth or bullion (chicken, beef, or vegetable)
- Black coffee or tea (can use sugar, or artificial sweetener or honey)
- Apple juice
- White grape juice
- White cranberry juice
- Jell-O
- Sprite, 7-Up, ginger-ale, seltzer
- Ice-popsicles or Italian ices
- Gatorade or Powerade
- Iced tea

**The day of your flexible sigmoidoscopy** you will give yourself 2 Fleet enemas:

- The **First Fleet enema** administer **3 hours before** your flexible sigmoidoscopy
- The **Second Fleet enema** administer **2 hours before** your flexible sigmoidoscopy

**ALSO ON THE DAY OF YOUR FLEXIBLE SIGMOIDOSCOPY :**

- Please bring your **insurance card & photo ID**.
- Bring a referral for the facility if your insurance plan requires one.

- **Do NOT drive the entire day!** Someone **MUST** drive you to & from your appointment as you will be receiving sedation which impairs your ability to drive an automobile. You may take a taxi **ONLY if you are accompanied by an escort over the age of 18.** The taxi driver is not an acceptable escort.
- **NO gum & NO mints & NO cough drops within 6 hours of arrival time.**
- Please brush your teeth the morning of the procedure --- you can use toothpaste just rinse & spit.
- Do NOT wear your contact lenses on the morning of the procedure.
- Please bring the completed form(s) to the facility(either the Princeton Endoscopy Center or the University Medical Center at Princeton-Plainsboro)

**MEDICATION INSTRUCTIONS FOR THE DAY OF YOUR FLEXIBLE SIGMOIDOSCOPY:**

\_\_\_\_\_ Please **take** your morning **PRESCRIBED** medications with a small sip of water as soon as you wake up the morning of the procedure( except for medications you were specifically told to stop)

**If you are a DIABETIC :**

\_\_\_\_\_ Do **NOT** take your ORAL diabetic medications \_\_\_\_\_ the morning of the procedure. You will receive specific instructions about when to take it when you are discharged from the Endoscopy facility.

\_\_\_\_\_ Please obtain specific insulin instructions for the day before & the day of the procedure from your primary care doctor or endocrinologist.

**If you take a BLOOD THINNER/ANTI-COAGULANT:**

\_\_\_\_\_ You should **NOT** take \_\_\_\_\_ for \_\_\_\_\_ days **BEFORE** the procedure unless you are otherwise instructed.

\_\_\_\_\_ You should **continue** to take your **aspirin** unless otherwise instructed.

\_\_\_\_\_ Please **TAKE** your asthma medication(s) & please **BRING** your asthma medication to your procedure

\_\_\_\_\_ Do **NOT** take your vitamins & supplements the morning of the procedure, but you may take them **after** the procedure.

Nursing Notes: \_\_\_\_\_

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