

# ATLANTA CENTER FOR GASTROENTEROLOGY

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## FLEXIBLE SIGMOIDOSCOPE INSTUCTIONS

- 1) **FLEXIBLE SIGMOIDOSCOPE** is a routine procedure to look at the lower part of the Colon using a flexible endoscope while we are looking on a screen at the Colon lining. Should take just a few minutes to do and there is no sedation required so you can drive yourself to our office and home. You can do your regular activities after leaving our office.
- 2) **CLEAR/THIN LIQUID DIET STARTING AT SUPPER THE NIGHT BEFORE BUT CAN DO UP UNTIL PROCEDURE.** Examples of Clear Liquids are Water, Black Coffee, Soda's, Apple Juice, Grape Juice, Jello, Broth Cubes, Gatorade, Tea, etc. This does **NOT** include Full Liquids like Milk, Orange Juice, Ice Cream, or Soups and absolutely **NO SOLID FOODS** at all. You can resume your regular diet as soon as procedure is completed.

**DATE OF PROCEDURE** \_\_\_\_\_ Check into our Main Office Desk in **Suite 550.**

**TENTATIVE TIME TO COME TO OFFICE** \_\_\_\_\_ (someone will call you 1-3 days prior to tell you the exact time to show up for the Colonoscopy)

### PREP INSTRUCTIONS:

Buy 1 Bottle **Magnesium Citrate** and **2-3 Fleets Enema's** from any Pharmacy or most Grocery Stores.

**AM SIGMOIDOSCOPE:** Take the bottle of Magnesium Citrate at ~7-9pm the night before

**PM SIGMOIDOSCOPE:** Take the bottle of Magnesium Citrate at ~7-9am the day of

Then do the **2-3 FLEETS ENEMAS** 1-2 hours before your scheduled Sigmoidoscope time. Try to use the bathroom when you arrive at our office also.

After the procedure you may experience some mild cramps or gas bloating but this usually passes quickly. You may resume your normal activities and diet as soon as you leave our office. Your MD can discuss the visual findings with you before you leave, but any biopsy samples taken will take up to a week to return.