

FLEXIBLE SIGMOIDOSCOPY PREPARATION

Appointment date and time: _____

- **CLEAR LIQUIDS ONLY DAY OF PROCEDURE UNTIL AFTER PROCEDURE IS FINISHED (SEE GUIDELINES BELOW)**
- **TWO FLEET ENEMAS AVAILABLE OVER THE COUNTER AT ANY DRUG STORE, NO PRESCRIPTION NECESSARY (SEE DIRECTIONS BELOW)**
- **If you are currently taking prescribed medications, please take as instructed with a very small amount of water just enough for swallowing.**
- **IF AM CASE: USE ONE ENEMA 2 HOURS AFTER DINNER THE NIGHT BEFORE PROCEDURE AND ONE ENEMA THE MORNING OF THE PROCEDURE---PLEASE HAVE COMPLETED THE LAST ENEMA AT LEAST 1 AND A HALF HOURS BEFORE YOUR APPOINTMENT (MAY ADJUST TIMES FOR TRAVEL)**
- **IF PM CASE: USE 2 ENEMAS THE MORNING OF THE PROCEDURE, 1 HOUR APART FROM EACH OTHER WITH THE LAST ENEMA COMPLETED AT 1 AND A HALF HOURS BEFORE YOUR APPOINTMENT (MAY ADJUST TIMES FOR TRAVEL)**
- **CLEAR LIQUID GUIDELINE:**
 - **WATER, COFFEE, TEA (NO MILK OR NON-DAIRY CREAMER), APPLE JUICE, WHITE GRAPE JUICE, LEMONADE, GINGER-ALE, COLA, 7-UP, SPRITE, GATORADE, CHICKEN BROTH, JELLO (NO RED/PURPLE FOOD COLORING)**
- **NOTIFY YOUR DOCTOR/NURSE PRIOR TO THE PROCEDURE IF YOU HAVE ANY OF THE FOLLOWING:**
 1. **USE OF ASPIRIN OR NON-STERIODAL ANTI-INFLAMMATORY DRUGS (MOTRIN, ADVIL, ALEVE, ETC.)**
 2. **USE OF ANTI-COAGULATION DRUGS (COUMADIN OR HEPARIN)**
 3. **EXCESSIVE BLEEDING DURING PREVIOUS SURGERY OR DENTAL EXTRACTION**
 4. **DRUG ALLERGIES/LATEX ALLERGIES**

**If you should have any questions, please call:
Nurse Coordinator for the Colon and Rectal Surgery
Stanford Cancer Center, Stanford Hospital and Clinics
(650) 725-9772**