

SYRACUSE GASTROENTEROLOGICAL ASSOCIATES, P.C.

CNY Medical Center • 739 Irving Ave, Ste 400 • Syracuse, NY 13210 • (315) 234-6677 • Fax (315) 234-4808
Clay Medical Center • 8100 Oswego Road, Suite 140 • Liverpool, NY 13090 • (315) 641-1966 • Fax (315) 234-6696
Family Health Center • 3045 John Trush Jr Blvd • Cazenovia, NY 13035 • (315) 234-6677 • Fax (315) 234-6696
Community Memorial Hospital • 150 Broad Street • Hamilton, NY 13346 (procedures only)

Visit us at Syracusegastro.com

SIGMOIDOSCOPY PREPARATION INSTRUCTIONS

- Stop any iron you are taking, this includes multivitamins with iron 7 days prior
- Please make sure the office is aware if you: take a blood thinner have a pacemaker or defibrillator
- If you are a diabetic patient please call the doctor that manages your diabetes and let them know you will be prepping for a colonoscopy. They will advise you on instructions for adjusting your medications during your prep.
- You can take all necessary medications with a sip of water, at least 2 hours before your arrival time.
- Do not take** diuretics (water pills), such as Lasix, hydrochlorothiazide, or any medication ending in HCT.
- Call to speak with a nurse if you develop a fever, upper respiratory illness or pneumonia.
- You will **not be allowed to drive** home due to the anesthesia. You must have a licensed driver to drive you home and all patients must be discharged in the company of a responsible adult.
- You will not be able to drive or return to work the day of your procedure.
- To insure it is available, **go to your pharmacy at least 5 days prior to your appointment and purchase 2 Fleet Enemas.**

PREP INSTRUCTIONS:

- THE NIGHT BEFORE YOUR EXAM: **Do not eat or drink** anything after midnight.
- If you are scheduled for an afternoon exam, you may have clear liquids only **up until 4 hours prior** to your arrival time.
- **THE DAY OF YOUR EXAM:** You will need to use two (2) Fleet Enemas in order to cleanse your lower intestine.
 - TWO (2) HOURS BEFORE YOUR ARRIVAL TIME: USE THE FIRST ENEMA.**
 - 30 MINUTES BEFORE YOU LEAVE FOR YOUR APPOINTMENT: USE THE SECOND ENEMA.**

CLEAR LIQUIDS are liquids you can see light through such as: water, ginger-ale, clear fruit juices: like apple, white cranberry, white grape juice, beef or chicken bouillon, soda, tea (no milk), Gatorade, Kool-Aid, popsicles, and, Jell-O (no red colors or dyes)

- Do not drink coffee.
- Do not drink anything that has RED DYE (no red dyes)
- Do not eat solid foods
- Do not add fruit to Jell-O
- Do not drink milk or milk products or artificial creamer
- Do not drink any beer or alcoholic beverages
- Do not chew gum the day of your procedure

Appt. Date: _____

Arrival Time: _____

Procedure time: _____

Please report to:
739 Irving Ave, Suite 420
Syracuse Endoscopy Associates
CNY Medical Center
Syracuse, NY 13210