



Nevada Gastroenterology

FLEXIBLE SIGMOIDOSCOPY PREPARATION

Patient Name: _____ Date: _____

Check-in Time: _____

- Great Basin Surgical Center 775-753-4700
- Northeastern Nevada Regional Hospital 775-738-5151
- Humboldt General Hospital 775-623-5222

Dr. Fricke has determined that a flexible sigmoidoscopy is necessary to evaluate your lower colon (Large intestine). A quality examination and good results will be dependent on an adequate cleansing & emptying of you colon. Retained fecal material or stool can mask significant conditions that may be present. If your colon is inadequately cleansed, the procedure may need to be repeated at a later date.

Note that individual responses to laxatives may vary widely. You may experience mild abdominal cramping and expect a number of liquid bowel movements within several hours. You may also experience bloating and nausea. No laxative bowel preparation is pleasant. This solution has been developed to make your preparation as simple and effective as possible. Also, remain within easy reach of bathroom facilities once you start your prep.

Special Instructions:

If any of the following applies to you, please let us know prior to your procedure so that we can provide special instructions:

- You take blood thinner such as Coumadin/Warfarin
- You have an artificial heart valve or any condition requiring antibiotics
- You have diabetes

NVGI
1775 Browning Way, Suite 102
Elko, NV 89801
(775) 738-0500 – Phone
(775) 738-0555 - Fax



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THE DAY BEFORE YOUR PROCEDURE: / /

Approximately 3:00 p.m.

- Begin your clear liquid diet. You may consume the follow: Water, Fruit Juice, Soft Drinks, Strained Soup, Bouillon, Jell-O, Popsicles, Black Coffee, Tea, and Lifesavers.
- **Do not consume any solid foods, drinks with pulp, dairy products or anything red/purple in color.**

Between 5:00p.m. and 7:00p.m.:

- In preparation for the procedure, drink one 10oz bottle of Citrate of Magnesium (NOT CHERRY FLAVOR). This should be followed by clear liquid meal & a 12 oz. glass of water each hour for the next three hours.
- Continue drinking plenty of clear liquids throughout the evening.

THE DAY OF YOUR PROCEDURE: / /

- One hour before you leave home, insert one Fleets enema as directed, hold for as long as possible, then evacuate. Wait 15 minutes then repeat with the second enema.
- Plan on being at the procedure center for approximately an hour and a half to two hours. If your procedure is scheduled at one of the hospitals, you can plan on a total of four hours.
- If you are coming from out of town or staying at a place other than your main residence, please call our office and leave a phone number where you can be reached.