



**Please arrive an hour before your appointment.**

*Here are some tips for ensuring the best examination possible.*

#### **ONE WEEK BEFORE YOUR PROCEDURE**

- 1. FIND A FAMILY MEMBER OR FRIEND TO DRIVE YOU HOME AFTER YOUR PROCEDURE** *You cannot operate a vehicle until the day after your procedure because of lingering effects of the anesthesia. We cannot perform the procedure without a ride. Taxis or ride shares (Uber, Lyft, etc.) are not allowed.*
- 2. PURCHASE TWO (2) FLEETS ENEMAS** *Please call our office at 978-459-6737 if you have any trouble obtaining your medication.*

#### **THE DAY BEFORE YOUR PROCEDURE**

- 3. THE EVENING BEFORE YOUR SIGMOIDOSCOPY, 30 MINUTES BEFORE GOING TO BED, START YOUR PREPARATION** *Administer one fleet enema rectally.*
- 4. DO NOT EAT OR DRINK ANYTHING\* AFTER 11 PM THE NIGHT BEFORE YOUR PROCEDURE** *No food, drink, gum, candy, etc. are allowed.*

#### **THE DAY OF THE PROCEDURE**

- 5. THE MORNING OF YOUR SIGMOIDOSCOPY, 2 HOURS BEFORE YOUR PROCEDURE, FINISH YOUR PREPARATION** *Repeat step 3.*
- 6. \*REGARDING MEDICATIONS - (CALL OFFICE WITH QUESTIONS)** *Take ALL your morning medications with a SMALL sip of water unless otherwise instructed by your your doctor.*

*Please call the office if you have been diagnosed with any new medical conditions or if your insurance has changed as we may need to reschedule your procedure.*

*Please keep your phone near you the day of your procedure so we can notify you of delays and even earlier appointment times.*

*If you need to cancel or reschedule your procedure, please give our office at least 48 hours' notice. Procedures cancelled or rescheduled within that time will be subjected to a \$50 fee prior to rescheduling.*

*Thank you!*

*We look forward to providing you with excellent care!*