



VERMONT
GASTROENTEROLOGY



Green Mountain
Surgery Center

593 Hercules Drive
Colchester, VT 05446
802-488-5350

Flexible Sigmoidoscopy PREP INSTRUCTIONS

Planning for Your Sigmoidoscopy

Please take a moment to read through all information as soon as you receive it. You can check off each item as you complete it and understand what you need to do.

- Your procedure is scheduled at **Green Mountain Surgery Center**. Please arrive **45 minutes before** your scheduled appointment time.
- Please bring your insurance card and photo ID to your appointment.
- Please remove all jewelry prior to the appointment and leave it at home.
- You will need someone to drive you home after the procedure due to the sedation you will receive. Public transportation cannot be taken without having someone with you.

PREPARATION INSTRUCTIONS:

- You will need to purchase (at least 3 days prior):
 - Milk of Magnesia (4 tablespoons)
 - **Two** Fleet Enemas
- **THE DAY BEFORE YOUR PROCEDURE-** Drink plenty of fluids
- **THE EVENING BEFORE YOUR PROCEDURE-** Take two ounces (4 tablespoons) of Milk of Magnesia
 - NOTHING TO EAT AFTER MIDNIGHT
- **DAY OF PROCEDURE-** You may drink clear liquids (ex. water, apple juice, clear broth, Sprite, black coffee. **NO RED OR PURPLE**) until **2 hours before your arrival** to Green Mountain Surgery Center.
- One hour prior to your arrival at the Surgery Center, insert one **FLEET ENEMA**, retain for a few minutes, expel it, and **REPEAT AGAIN** with the second **FLEET ENEMA**.

If you are unable to keep this appointment or have any non-urgent prep questions, please call:

Green Mountain Surgery Center at 802-488-5350 Option 1.