

# Instructions for Flexible Sigmoidoscopy (Flexi)

Patient: \_\_\_\_\_ Date: \_\_\_\_\_ Admit time: \_\_\_\_\_

A nurse from Lincoln Surgery Endoscopy Services will be contacting you within a week before your scheduled procedure. Our preop phone calls are generally made in the afternoon, due to our nurses being involved with morning procedures. Please plan on this call taking approximately 10-20 minutes depending on your medical information. This call is very important, so that we may obtain your information and answer any questions you have about your upcoming procedure.

*It is your responsibility to contact your insurance company to verify coverage and benefits for the scheduled procedure.*

## Preparing for your exam

### One day before your procedure:

You may eat a normal breakfast and lunch the day before your procedure. However, your evening meal will consist of a clear liquid diet ONLY. Below is a list of a clear liquid diet, please note that no red dye is allowed (no red jello, red drinks etc.) Please limit all dark beverages such as Tea, Soda, Coffee, etc. to 2 cups daily. No smoking after midnight and NO alcohol.

### Sample of clear liquids: NO RED DYE

<u>Soda</u>	<u>Juice</u>	<u>Sports drinks</u>	<u>Other Options</u>
All Sodas	Apple	Gatorades	Coffee/tea (limit 2)
Root beer	Cranberry	Powerades	Crystal light
Sprite/ 7up	Grape	All Sport	Jellos
Coke/Pepsi	White grape	Propel	Broths/bouillons
			Popsicles
			Water

### The day of your procedure:

Upon rising, use one Fleet's enema. For best results, please try to retain enema fluids for as long as you are able. You will use the second enema about 15 minutes prior to leaving for your appointment. You may continue the clear liquid diet up until your appointment time.

Please bring your insurance card and picture ID (driver's license is okay). Arrive for the exam at the above scheduled time.