

# Instructions for Flexible Sigmoidoscopy (Flexi)

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

***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.

**Before your procedure you will need to complete a brief medical history form. This information is also located inside your Nebraska Surgery Center pamphlet.**

**ONLINE (Best Option)**

1. Go to [www.nebraskasurgery.com](http://www.nebraskasurgery.com)
2. Click on the stethoscope button "**Simple Admit**"
3. Enter the password: **NSC402NEW**
4. Answer all fields

**By Phone**

1. Contact Nebraska Surgery Center at 402-484-6600
2. Ask to speak to a GI/Endoscopy Nurse to help you fill out "**Simple Admit**"
3. The Nurse will answer any questions you have