

Newburyport Gastroenterology LLC  
255 Low Street – Suite 201  
Newburyport, MA 01950  
978-465-4622

### **Flexible Sigmoidoscopy Preparation Instructions**

#### **ONE WEEK PRIOR TO YOUR FLEXIBLE SIGMOIDOSCOPY**

- Purchase two Fleet Enema Kits at your local pharmacy.
- **Continue all prescribed medications, unless instructed otherwise by the physician.**
- **Please call the Access Department @ 978-834-8210 to pre-register for this procedure anytime Monday through Friday from 8am-5pm.**

#### **THE DAY BEFORE YOUR FLEXIBLE SIGMOIDOSCOPY**

- Consume a light supper the evening before the procedure.

#### **THE DAY OF YOUR FLEXIBLE SIGMOIDOSCOPY**

- If you are a diabetic, follow the instructions for any changes in your insulin coverage or medication on the day before and day of the procedure as ordered by your physician.

**1<sup>st</sup> Enema:** To be done three hours prior to arriving at the hospital.

**2<sup>nd</sup> Enema:** To be done one to two hours prior to arriving at the hospital.

**BE SURE TO TAKE ALL OF YOUR PRESCRIBED MORNING MEDICATIONS AS YOU USUALLY DO, UNLESS INSTRUCTED OTHERWISE BY THE PHYSICIAN.**

**Because you are not sedated for this test, you are allowed to drive yourself home.**

**PLEASE NOTE:**

- If you are unable to keep your appointment on the date scheduled, please call our office to reschedule as soon as possible. A 48 hour advanced notice is desirable. Please be advised that scheduling is done by medical necessity, such as diabetic patients and age.
- We will contact you four days prior to your procedure to give you the time to arrive. You will need to arrive at the Anna Jacques Surgical Day Area 45 minutes prior to your procedure time unless otherwise instructed. If you are delayed, please call the Endoscopy Unit at 978-463-1273.
- Your privacy and the privacy of all other patient is important to us. Please limit the number of escorts/family members who come with you to the Hospital.