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**FLEXIBLE SIGMOIDOSCOPY PREPARATION**

PATIENT NAME: \_\_\_\_\_ Chart #: \_\_\_\_\_

**APPOINTMENT LOCATION:**

\_\_\_\_ Carnegie Hill Endo: 1516 Lexington Avenue (98<sup>th</sup> Street) NY, NY 10029  
Phone:(212) 860-6300

**\*\* You must arrive 45 MINUTES prior to your appointment time to register\*\***

APPOINTMENT DATE: \_\_\_\_\_ ARRIVAL TIME: \_\_\_\_\_

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**PLEASE NOTE:**

- Do not take Aspirin one week before the procedure (Please check with your Primary doctor to confirm this).
- Do not take Iron products one week before the procedure.
- Avoid anti-inflammatory drugs (Advil, Motrin, Aleve, etc.) 1 day before the procedure.
- Please call us immediately if you are on Coumadin or Lovenox.
- Tylenol is ok to take up until the day before procedure.

**ASK YOUR DRUGGIST FOR:**

Two (2) Fleet or Tap water enemas

**DAY BEFORE EXAMINATION:**

**NO SOLID FOODS. YOU WILL BE ON A LIQUID DIET THE WHOLE DAY.**

Drink plenty of clear liquids- water, tea, coffee, broth, jello, fruit juice and carbonated drinks are included.

**DO NOT TAKE RED LIQUIDS.** Nothing should contain seeds or nuts.

**On the day of the examination, just prior to coming to the office, please take two (2) Fleet or tap water enemas 10 minutes apart.**

**NOTHING BY MOUTH THREE (3) hours PRIOR THE PROCEDURE. NOT EVEN WATER.**

**You MUST have someone to accompany you to take you home after the procedure. Do not drive for 8 hours after the procedure.**

**IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE AT (212) 369 2490 AND WE WILL BE HAPPY TO HELP YOU.**

X \_\_\_\_\_  
Please Sign and return instruction sheet of date of Procedure