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Instructions for Flexible Sigmoidoscopy

Check In: La Jolla Endoscopy Center, 9850 Genesee Ave. **Suite 980**, La Jolla, CA 92037

Procedure Date: _____ Check in Time: _____

*****Cancellations Require 48 hours Notice*****

Day of your procedure:

You will need to purchase **TWO** Fleet Enemas from the pharmacy. The **FIRST enema** should be used approximately two to three hours prior to your check-in time followed by the **SECOND enema** thirty minutes later.

- If your procedure is scheduled for the morning, please do not eat or drink anything after midnight the night before.
- If your procedure is scheduled for the afternoon, you may have clear liquids (see below) up to 2 hours before the procedure.

Clear liquids: Gatorade/sports drinks/Pedialyte, soft drinks, strained fruit juices without pulp (apple, white grape, orange, lemonade), fruit flavored drinks (e.g. Crystal Light), water, tea, coffee (without milk or milk products, including non-dairy creamer). NO dairy products, smoothies or shakes.

Sedatives will be given during the exam. Please make sure you make arrangements to have a responsible adult drive you home. Taxis and buses are NOT acceptable forms of transportation. The driver must go to Suite 980 to sign you out before you can be discharged. Plan to be at the facility for about two hours.

Should you have any questions, please contact Syndie at (858) 453-5200
swilliams@ljgastro.com

***Physician charges are separate from facility charges. Any payments made at the time of your service will be applied to the facility fee only and you will receive a separate bill from the physician. If biopsies are taken, you will receive two additional bills from the pathologist and the hospital laboratory.**