

Jagdish Nachnani, MD
300 Steam Plant Road, Suite 400A
Gallatin, TN 37066
615.328.3700

Sumner Regional Medical Center
555 Hartsville Pike
Gallatin, TN 37066
615.328.8888
Check in at registration

FLEXIBLE SIGMOIDOSCOPY PREPARATION

We have scheduled you for a Flexible Sigmoidoscopy on _____ @ _____ am/pm.

YOUR PREP INSTRUCTIONS ARE AS FOLLOWS:

1. Please stop anti-inflammatory arthritis medications **5 DAYS PRIOR**. Aspirin is ok to continue if you have heart disease or a heart stent. It is safe for you to take Tylenol. You can take your blood pressure medication with a small amount of water the day of the procedure.
2. The **NIGHT BEFORE** the procedure you will have a clear liquid supper. This includes black coffee, tea, sodas, such as Pepsi, Diet Pepsi, 7-UP, apple juice, Gatorade, fruit popsicles, white grape juice, lemonade, Jello-O, broth, bouillon and up to 3 cans of standard Ensure, **BUT NOTHING RED OR PURPLE**.
3. You may have clear liquids again until midnight. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT**. If you have an afternoon, you may have clear liquids up to 4 hours before the procedure.
4. The evening before your procedure drink **1 BOTTLE OF MAGNESIUM CITRATE**. This can be bought over the counter at any pharmacy.
5. The morning of the procedure give yourself **2 FLEET ENEMAS**. We suggest that you start the enemas 1 ½ to 2 hours before leaving to come to your procedure. This also can be bought over the counter at any pharmacy.
6. The morning of your procedure avoid taking any medications unless otherwise directed. If you have not given your doctor a list of medication, please bring one with you.
7. Please note that like surgery, procedures take varying amounts of time depending on their complexity. While we try to remain on schedule, occasionally prolonged procedures may delay subsequent ones. We will try to keep you advised of any delays.