

Department Of Gastroenterology
710 Lawrence Expressway 2nd Floor
Department 240
Santa Clara, Ca 95051
(408) 851-2735

Instructions for Flexible Sigmoidoscopy

Your appointment is with _____ on _____
at _____ Gastroenterology is located at 710 Lawrence Expressway
on the 2nd floor **Department 240** at Santa Clara Kaiser. Please arrive 30
minutes prior to your appointment.

7 days prior to your examination, you should discontinue taking iron
supplements, Aspirin or other pain medicines such as Motrin, Naprosyn,
Aleve, Nuprin, etc. Tylenol is permitted. **It is very important for you to call
your primary care doctor for questions about your medications, including
Coumadin, Warfarin, Plavix, Insulin and Diuretics.** Diabetics should call
their physicians to ask questions about changes in insulin dosage. **ALL
PATIENTS WITH RENAL DISEASE/DIALYSIS PATIENTS, AS
WELL AS HEART FAILURE PATIENTS SHOULD CONTACT
THEIR PHYSICIAN REGARDING THE LAXATIVE TO BE USED.**

24 hours prior to your appointment you will need to stop eating solid
foods and be on a clear liquid diet. In general, clear liquids are anything you
can see through. Caffeine and alcohol should be avoided because they will
dehydrate you. **Only the following items are allowed:** Water, vegetable
broth, chicken broth, bouillon, consommé, white grape juice, apple juice,
cranberry juice, 7-up, Sprite, Kool-aid, Gatorade, jello (yellow, orange &
green only), popsicles, honey, clear or stick candy, mints, and chewing gum.

You will need to purchase three ounces of Fleets Phospho-Soda (**Oral** saline
Laxative). This is a non-prescription laxative which can be purchased at any
pharmacy. Phospho-Soda is used to create excessive bowel movements to
clean out the colon. **Please do not use Fleets enema.** Prior to your exam,
you will be taking two 1 ½ ounce dosages of Fleets Phospho-soda. You can
purchase this as two 1 ½ ounce bottles or one three ounce bottle.

If your appointment is before 12:00 Noon:	If your appointment is 1:30 or later:
<p>A. At 4:00 pm the day before your appointment, pour one bottle of Fleet Phospho-Soda into a 4 ounce glass of clear liquid (cranberry juice or 7-up) and drink (sip) slowly over 10 to 20 minutes. Most people find that mixing the laxative makes it easier to drink. After drinking the first dose of laxative, drink at least seven (7) eight-ounce glasses of clear liquids. The more you drink, the better the effect.</p>	<p>A. At 8:00 pm the evening before your appointment, pour one bottle of Fleet Phospho-Soda into a 4 ounce glass of clear liquid (cranberry juice or 7-up) and drink (sip) slowly over 10 to 20 minutes. Most people find that mixing the laxative makes it easier to drink. After drinking the first dose of laxative, drink at least seven (7) eight-ounce glasses of clear liquids. The more you drink, the better the effect.</p>
<p>B. At 9:00 pm the evening before your appointment, add the remaining bottle of Fleet Phospho-Soda into a 4 ounce glass of clear liquid (cranberry juice or 7-up) and drink (sip) slowly over 10 to 20 minutes. After drinking the second dose of laxative, drink at least seven (7) eight-ounce glasses of clear liquids. The more you drink, the better the effect.</p>	<p>B. At 9:00am the morning of your appointment, add the remaining bottle of Fleet Phospho-Soda into a 4 ounce glass of clear liquid (cranberry juice or 7-up) and drink (sip) slowly over 10 to 20 minutes. After drinking the second dose of laxative, drink at least seven (7) eight-ounce glasses of clear liquids. The more you drink, the better the effect.</p>
<p>Remember to take your blood pressure medication the day before your appointment and the day of your appointment.</p>	<p>Remember to take your blood pressure medication the day before your appointment and the day of your appointment.</p>

If you have any questions, need to cancel or reschedule this exam, please call our office at (408) 851-2735. Our hours are Monday-Friday 9:00am-4:30pm.

**** If you can not keep your appointment, please call no later then 4 days prior to your procedure date so that we may offer the appointment to another patient ****