

East River Gastroenterology & Nutrition

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SIGMOIDOSCOPY INSTRUCTIONS

You have an appointment for a sigmoidoscopy on _____ at _____.

This will be performed at Carnegie Hill Endoscopy Center, 1516 Lexington Avenue, between 97th and 98th streets. Please arrive forty-five minutes before your procedure for registration. . To Contact, call 212-860-6300.

The week before the procedure:

- Do not take iron for one week before the test
- If you take coumadin, or other blood thinners, call the office to discuss it with the doctor.
- Buy the following from the pharmacy:
 - Three oral Dulcolax tablets
 - Two Fleet enemas

The night before the procedure:

- Have a regular dinner; do not eat raw vegetables, fruit, or salads with dinner.
- Do not eat anything solid after dinner.
- At 8 PM, take the three Dulcolax tablets with two glasses of water.

The day of the sigmoidoscopy:

- If you are going to receive sedation, do not eat or drink anything. You may take your regular medications with some sips of water.
- Two hours before the procedure, use one Fleet enema. Hold for ten minutes before releasing if possible.
- One hour before the procedure, use the second enema. Hold for ten minutes before releasing.

Please make sure that you have any necessary referrals or your procedure may be cancelled. If you need to cancel or reschedule your procedure, please call the office at (212) 535-4500.