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## **FLEXIBLE SIGMOIDOSCOPY INSTRUCTIONS**

### **YOUR EXAMINATION WILL BE PERFORMED AT:**

**Manhattan Endoscopy Center**  
**535 Fifth Avenue, 5<sup>th</sup> Floor (entrance on 44<sup>th</sup> Street between Madison & Fifth Avenues)**  
**New York, NY 10017**  
**Tel. (212) 682-2828**  
**Please arrive 30 minutes prior to your scheduled appointment time.**

**IMPORTANT:** Please read these instructions carefully **at least one week before** your examination.

**PURCHASE:** Fleet enema (over the counter) from your pharmacy or drug store and any **CLEAR** liquids from your grocery store (**NOTHING RED OR PURPLE**). Examples: iced tea, apple juice, ginger ale, sprite, 7-up, white grape juice, clear chicken/beef broth (without noodles), tea, Jell-O (not red), sorbet, Italian ice and water. No milk or dairy products.

### **The day of your procedure:**

- Consume plenty of **CLEAR** liquids (see examples above) all day. If at all possible, every two hours is ideal. **DO NOT EAT SOLID FOODS; CONSUME ONLY CLEAR LIQUIDS.**
- **One hour before** your scheduled appointment, complete a fleet enema. This is very important as it will ensure adequate visualization during the examination.

### **NOTES:**

- You may take your regular medications if you would like to do the procedure unsedated. In addition, you may have a light breakfast and clear fluids up to the exam time.
- If you would like to be sedated you must be on a clear fluid diet only and nothing to drink 3-4 hours before the procedure.
- Please dress comfortably.
- Please give 2 business days notice for cancellations