SIGMOIDOSCOPY PREP INSTRUCTIONS

Your procedure is scheduled on: _____ Procedure Time:_____ Arrival Time:_____

Location of Procedure:

[ ] Central Jersey
Ambulatory Surgery Center
511 Courtyard Dr.
Hillsborough, NJ 08844
908-895-0001

[ ] RWJUH – Somerset in Somerville
110 Rehill Ave
GI Center – 3rd Flr, West Elevator
Somerville, NJ 08876
908-685-2200

**** Purchase 2 fleets enemas from the drug store.**

DO NOT have any solid food or dairy products after midnight. You may have clear liquids until 4 hours before your procedure. (see clear liquid list on next page)

Approximately **2 ½ hours prior** to your appointment _____, you will give yourself the first enema. Try to hold the liquid in for 15 minutes, if this is not possible at least 5 minutes is acceptable.

Follow the same instructions for the second enema **1 hour later** _____.

Take nothing by mouth within 4 hours of your procedure start time.
Taking anything by mouth within 4 hours of the procedure will cause a delay or cancellation. You may take critical medications with clear liquids up until 4 hours before your procedure.

**** You MUST have someone to drive you home.**
**** Cancellation Policy: Cancellations within 48 hours incur a $100 charge not covered by insurance.**