

SIGMOIDOSCOPY PREP INSTRUCTIONS

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

Location of Procedure: <input type="checkbox"/> Central Jersey Ambulatory Surgery Center 511 Courtyard Dr. Hillsborough, NJ 08844 908-895-0001	<input type="checkbox"/> RWJUH – Somerset in Somerville 110 Rehill Ave GI Center – 3 rd Flr, West Elevator Somerville, NJ 08876 908-685-2200
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**** 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.**