



DIVISION OF COLORECTAL SURGERY

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Office: 585-273-2727
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Flexible Sigmoidoscopy Instructions

Name: _____ Date & Time: _____ Physician: _____

Your time is subject to change, please be as flexible as possible.

At the time of your appointment, please bring with you:

- Insurance cards
- Photo ID

Please complete the following bowel preparation:

You will need to administer a fleet enema (saline laxative) found over the counter at any pharmacy, 1-2 hours before you are scheduled to arrive for your procedure. You will then need to repeat a second enema after finishing the first one.

- *If you have an ostomy, you may only need one enema, make sure you notify RN who calls for prescreening call*

Please Note:

If you are on blood thinners please call the office to discuss holding 5 days prior to the procedure. If you are unable to keep your appointment, please notify the office as soon as possible. If unable to do the enema at home please notify the nursing staff. If you have any questions, please contact the office at (585) 273-2727.

Location for your procedure:

URMC Surgery Center

180 Sawgrass Drive
Suite 100 (1st floor)
Rochester, NY 14620

*******FOR SEDATION PATIENTS ONLY*******

*You will be notified ahead of time if you are booked with sedation. You may have a light meal 6 hours prior to your procedure. You may have clear liquids up until 2 hours before your procedure (Ex: apple juice, black coffee with sugar (no cream), ginger ale, water.) You will need to have a ride home with someone 18 years or older. **We strongly encourage your ride to remain on site for the entire length of your procedure***

