



**Sigmoidoscopy Prep Warning:**

Some of your medications (such as blood thinners) may need to be stopped for a few days before your procedure. At the time your procedure was scheduled, we would have given you specific instructions of how to manage these changes – you would also want to check with the prescribing doctor. If you have questions, please call us (864-7483).

If you are on insulin or other medications for diabetes, please CHECK with your REGULAR physician for specific instructions. Otherwise, take your regular meds and inhalers.

**Your Sigmoidoscopy Prep is as follows:**

Your preparation is as follows:

1. The day before your procedure, drink plenty of fluids.
2. Take two ounces (4 tablespoons) of Milk of Magnesia at 5:00 p.m. the evening before the examination.
3. You may have a light breakfast the day of exam, such as cereal or toast with coffee, juice, or tea.
4. Insert two Fleets enemas about an hour before checking in at the hospital (insert one, retain a few minutes if possible, expel it, and repeat).

Arrive at Fletcher Allen Health Care (FAHC) **ONE HOUR PRIOR** to your procedure time. Check in at the Registration Office in the Main Lobby of the FAHC Ambulatory Care Center. Once you have registered, they will give you directions to the Endoscopy Suite.

You will need someone to drive you home because of the sedation you will receive for your procedure. The hospital will not allow you to leave by yourself or use public transportation

FAHC Registration Center,  
Main Pavilion, Level 3 (street level)