



SIGMOIDOSCOPY PREP INSTRUCTIONS

IF your procedure is scheduled at Green Mountain Surgery Center, it is located at 593 Hercules Drive in Colchester. Directions from I-89 exit 16: Go north on Roosevelt Highway (Route 7) and make a right turn onto Hercules Drive. Continue on Hercules Drive: Green Mountain Surgery Center will be on your left, and Costco will be to your right. You need to arrive 45 minutes before your scheduled appointment time.

IF your procedure is scheduled at the University of Vermont Medical Center, it is located at 111 Colchester Avenue in Burlington. You need to arrive one hour before your appointment time.

You will need someone to drive you home after the procedure because of the sedation you will receive. Please review the "Procedure FAQs" prior to your procedure date.

PLEASE BE SURE OF THE LOCATION OF YOUR PROCEDURE!

YOUR SIGMOIDOSCOPY PREP is as follows:

- **THE DAY BEFORE** your procedure, drink plenty of fluids.
- **THE EVENING BEFORE YOUR PROCEDURE at 5:00 PM**, take two ounces (4 tablespoons) of Milk of Magnesia.
- **Do NOT have anything to eat after midnight.**
- **THE DAY OF YOUR PROCEDURE**, you may have clear liquids until two (2) hours before your scheduled sigmoidoscopy.
- **THE DAY OF YOUR PROCEDURE, about one (1) hour** before your check-in time, insert two **FLEET SALINE enemas**: insert one, retain a few minutes if possible, expel it, then repeat.

Thank you for trusting us with your health care.
Please call Vermont Gastroenterology with questions:
802-864-7483 Thank you.