Flexible Sigmoidoscopy Instructions

Nuvance Health Medical Practice Gastroenterology

**Blood thinners:** (If applicable) Please contact your prescribing physician two weeks before your procedure to ask how long you can be off your blood thinner medication(s) before your procedure.

**Insulin dependent diabetics:** (If applicable) Please contact your prescribing physician two weeks before your procedure for direction on insulin dosing for the procedure.

Please follow a low-residue diet for 3 days prior to your procedure. Please avoid raw fruits and vegetables, as well as whole grains, nuts, and seeds. (See attached instructions for diet guidelines.)

Purchase 2 Fleet Enemas at the pharmacy.

**Day before the procedure:**
- Between 5-6 pm have a LIGHT DINNER of soft foods. Eggs, pasta (no red sauce), broiled chicken, fish, mashed potatoes would be fine. *(No milk, cream, raw fruits, or vegetables)*. You can have a low residue breakfast and lunch.
- Nothing to eat after midnight.

**Day of the procedure:**
- Drink clear liquids ONLY. NO FOOD
  - **Examples of clear liquids:** Powerade, Gatorade, bouillon, broth, consommé, black tea, black coffee, apple juice, white grape juice, white cranberry juice, Crystal Light, water, Italian ice, popsicles, sorbet or jello. *Nothing red or purple. No milk or cream. Discontinue two hours before arrival.*
  - Two Fleet’s enemas used a half hour apart – to be completed 2 hours prior to arrival time.
- **DO NOT** take diabetic pills or diuretics (water pills) the morning of the procedure.
- **Nothing by mouth** two (2) hours before arrival.
Nuvance Health Medical Practice Gastroenterology Locations

Connecticut

- Duracell Center for Ambulatory Surgery at Danbury Hospital
  24 Hospital Avenue, 4th Floor Strook, Danbury, CT (203) 739-7038

- Frank J. Kelly Medical Arts Center
  111 Osborne Street, 2nd Floor, Danbury, CT (203) 739-7038

- Danbury Surgical Center
  73 Sandpit Road, Danbury CT (203) 739-7038

- New Milford Hospital
  21 Elm St. 2nd Floor, New Milford, CT (203) 739-7038

- Norwalk Surgical Center
  40 Cross Street, Unit 120, Norwalk, CT (203) 852-2278

- Norwalk Hospital GI Lab,
  34 Maple Street, 5th Floor, Norwalk, CT 06850 (203) 852-2278

New York

- Putnam Hospital
  670 Stoneleigh Avenue, Carmel, NY (203) 739-7038

- Putnam Barns - Putnam GI, LLC
  667 Stoneleigh Center, Barns Office Center, Building A, Suite 204, Carmel, NY (203) 739-7038

- Fishkill Asc.
  200 Westage Business Center Drive, Bldg C, 3rd floor, Suite 330 Fishkill, NY 12524 (203) 739-7038

- Vassar Brother’s Medical Center
  45 Reade Place Poughkeepsie, NY 12601 (845) 876-3003

- Northern Duchess Hospital
  6511 Springbrook Avenue Rhinebeck, NY 12572 (845) 876-3003