

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 Dutchess Hospital**
6511 Springbrook Avenue Rhinebeck, NY 12572 (845) 876-3003