

GETTING READY FOR YOUR FLEXIBLE SIGMOIDOSCOPY

A Plan Ahead Call **303-602-1926** if you have questions or need to schedule or change your appointment

- Your appointment is at Denver Health Outpatient Medical Center, Pavillion L, 660 N. Bannock St., 3rd floor. Patient/Visitor Parking is located behind the building.
- This is a quick procedure that does not require sedation or other medications. You **do not** need a ride or a companion for this procedure.
- Your visit will take about 1 hour.
- You will need a prescription for Colyte, pick this up at your pharmacy once you have scheduled your procedure.
- Talk to your doctor if you have questions about taking your medications before your procedure.

B The day BEFORE your Flexible Sigmoidoscopy

- Today, drink lots of extra LIQUIDS all day long.
- There are no food restrictions until **the day of** your procedure.
- Prepare your prescription per instructions on the bottle and place in the refrigerator overnight.

C The day of your Flexible Sigmoidoscopy **DO NOT eat any food until after your procedure**

- You need to start drinking your prescription (Colyte) at least **4 hours** before your appointment time.
- It will take at least 2 hours for you to drink **HALF** of the gallon of Colyte, you **MUST** finish the **HALF** gallon **2 hours** before your appointment time.
- Drink 1 full glass (8 ounces) every 15 minutes until the jug is **HALF** gone. Be near a bathroom.
- You may continue to drink clear liquids until your appointment time.
- You may take your morning medications 30 minutes after finishing your Colyte.
- It is extremely important to follow these instructions to clear your rectum of all stool.

