

Flexible Sigmoidoscopy Preparation Instructions

We will call you to confirm within 72 hours of your appointment.

- Dinner time, the evening prior to the procedure begin a clear liquid diet.
- **Do not eat or drink anything (including water) after midnight on the night prior to your procedure.**
- **Purchase from the pharmacy:** (over the counter, no prescription)
 - 2 Fleet Enemas

Directions

Administer the first enema 1 ¹/₂ hours prior to the procedure.

Administer the second enema 1 hour prior to the procedure.

- One hour after your procedure you may resume your normal diet and regular medications.
- If you have any questions or need to speak with the GI staff, please call (212) 223-0996 from 7:00AM to 4:00PM or giteam@momnyc.com

COVID-19 Information

COVID testing is required within 2 calendar days of the procedure regardless of your vaccination status. This includes a Rapid Antigen or PCR Test.

Post Procedure Discharge Instructions for Flexible Sigmoidoscopy

Restriction On Activity

- Avoid any strenuous activities. Resume normal activities the following day.
- Resume normal diet.

Common After Effects

- Cramps and gas for a couple of hours may occur.

Symptoms To Watch For And Report To Your Physician

- Fever occurring within 24 hours after procedure.
- Significant rectal bleeding.
- Ongoing abdominal pain.

Special Instructions

- Await pathology report (7 to 10 days).
- Schedule a 2-week in-office GI follow-up appointment.

Contact

Medical Offices of Manhattan GI Endoscopy Suite

Address

201 East 65th St.
New York, NY 10065

Phone

(212) 223-0996

Fax

(212) 249-7580

Email

giteam@momnyc.com
(Please email your vaccine card)

Special Instructions