

Flexible Sigmoidoscopy / Infrared Coagulation (IRC) 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) 8 hours 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

Contact

Medical Offices of Manhattan GI Endoscopy Suite

Address	Phone	Fax	Email
201 East 65th St. New York, NY 10065	(212) 223-0996	(212) 249-7580	giteam@momnyc.com (Please email your vaccine card)

Special Instructions