

DIGESTIVE ASSOCIATES OF HOUSTON, PA
Isaac Raijman, MD Susana Escalante-Glorsky, MD
Tel: 713-795-4444 Fax: 713-795-5254

FLEXIBLE SIGMOSCOPY PREPARATION

The following are the instructions that you will need to follow prior to your flexible sigmoidoscopy. Please try to follow them as closely as possible to ensure a successful procedure. It is possible that you may feel abdominal cramping, rectal discomfort, some rectal bleeding, tiredness, and headaches during the preparation. **Failure to take this preparation as indicated below may result in a poorly cleansed colon and possible cancellation of the procedure.**

Should any of these symptoms be significant or you have concerns about them, please do not hesitate to contact us at 713-795-4444.

ONE WEEK prior to the procedure:

- Stop aspirin and all aspirin-containing medications.

ONE DAY prior to the procedure:

Please obtain the following at any drug store from the laxative section:

- **2 Fleet Enemas**
- Administer 1 Fleet Enema @ 9 P.M.
- **Do not eat or drink anything after midnight!!!!**

Please avoid dairy products and anything red or purple!!!!!!

Light meals (preferably clear liquids only!)

- Beef, chicken, or vegetable broth
- White grape juice
- Apple juice
- Sodas, tea, black coffee (no milk/cream)

DAY OF your procedure:

- Administer **1 Fleet Enema two (2) hours prior** to the procedure.
- Remember to drink plenty of fluids the day prior to your procedure!

Results:

The medical assistant will notify you in the mail regarding your biopsy result (if taken) within 14 business days.

*Dr. Raijman's medical assistant: Natalia: (713)795-4444 * 103 or natalias@dahpa.com*

*Dr. Escalante's medical assistant: Daicy: (713) 795-4444 *110 or daicyg@dahpa.com*

*Procedure Scheduler, Kimberly: (713)795-4444 * 104 or kimp@dahpa.com*

**We appreciate you efforts in helping us to help you.
All of us at Digestive Associates of Houston, P.A. thank you and wish you well.**