



**M.A.G.I.C.**  
Mid-Atlantic G.I. Consultants, P.A.

Christopher P. Ruffini, M.D.  
Amy M. Patrick, M.D.  
Scott M. Meyerson, M.D.  
Hasan Ali, M.D.  
Prasad Kanchana, M.D.  
Gaurav Jain, M.D.  
Jared Hossack, M.D.  
Grace Goracci, M.D.  
Christine Herdman, M.D.

[www.midatlanticgi.com](http://www.midatlanticgi.com)

302-225-2380

Ext 351

Diplomates of American Board  
of Internal Medicine

Diplomates of American Board  
of Gastroenterology

## FLEXIBLE SIGMOIDOSCOPY

Your procedure is scheduled on \_\_\_\_\_ at \_\_\_\_\_.

Please arrive \_\_\_\_\_ before your scheduled time.

Location: \_\_\_\_\_.

### INSTRUCTIONS:

1. Purchase the following prep items: Dulcolax laxative pills (smallest amount) and Fleet phosphosoda enemas (two). Take 3 Dulcolax pills, all at the same time, between 7:00 and 10:00 pm the night before your exam. Use the first Fleet enema two hours before your arrival time. Use the second Fleet enema one hour before your arrival time.
2. If you are NOT having IV sedation for the procedure, there are no restrictions on your diet at any time.
3. If you ARE having IV sedation for the procedure, follow the dietary instructions below.
  - 0-6 hours before arrival - NO food, drink, candy, gum or mints. If you must take a medication, take only a SIP of water with it.
  - 6-8 hours before arrival – NO solid food, milk products or juice with pulp. You MAY HAVE soda, water, powdered drink mix, black coffee or tea, sports drinks, ice pops or another clear liquid and medications.
  - 8 or more hours before arrival – NO restrictions on what you eat or drink or what medications you take (\*see #4 below).
4. Note that you DO NOT need to stop aspirin, motrin, advil or other anti-inflammatory medication for this procedure. If you are on strong blood thinners, such as Coumadin, Plavix, Xarelto, or others, the prescribing doctor must give MAGIC written permission for you to temporarily hold the medication prior to the procedure.
5. Your driver MUST be present if you are receiving IV sedation.
6. If you cancel or reschedule your procedure within 3 business days of your scheduled time, you will be charged \$100. Your doctor and nurses have reserved your procedure time specifically for you.
7. Please visit [www.midatlanticgi.com](http://www.midatlanticgi.com) for more information.