

Calvert Internal Medicine Group  
Gastroenterology Department  
Dr. Y. Renee Bright  
Dr. Dolores Rhodes-Height

Dear \_\_\_\_\_,

You are scheduled to have a Flexible Sigmoidoscopy with Dr. Bright on \_\_\_\_\_ at \_\_\_\_\_ . Your procedure will be done at Calvert Digestive Disease Associates located at 985 Prince Frederick Blvd Suite 104 in Prince Frederick (same building as Calvert Internal). **Please arrive 60 minutes prior to your appointment time!**

\_\_\_\_ If you are not vaccinated for COVID-19, you are required to be tested no sooner than 5 days prior to your procedure. Please have your test done between \_\_\_\_\_ .  
CIMG GI Dept will contact you to get scheduled for your test about 1 week before the procedure date.

If you are a female and have not had a hysterectomy or have not been completely menopausal for at least 12 months, **you must get a blood pregnancy test drawn between \_\_\_\_\_ to minimize delays in your procedure.** Please have your lab work done at any Calvert Internal Medicine Group location (Dunkirk, Prince Frederick, Solomons). **Lab work is done on a walk-in basis.**

Because of the sedation, you will NOT be able to drive yourself or the remainder of the day of procedure. Please plan in advance for your transportation to stay from check-in until discharge. **If no transportation is available at the time of your procedure, it will be cancelled.** Taxis, Uber, Smart Ride, and public transportation are NOT acceptable options.

Please read your prep instructions carefully (on the next page). If applicable, please stop taking gel-capsule vitamins (like fish oil), NSAIDS (ibuprofen, Advil, Aleve, Naproxen), arthritis medications, iron supplements, or blood thinners such as coumadin or Plavix, **please stop taking them 5 days prior to procedure.** Aspirin and Tylenol are acceptable. **Any regularly prescribed medications may be taken until 3 hours before procedure time.**

**Please bring:** any inhalers, a list of your medications with dosages, insurance cards, and a referral if your insurance requires one. Please leave all jewelry at home (including body piercings). If there are any changes in your medical history between the time of scheduling and procedure, please inform your physician. **If you are a smoker, please refrain from smoking the day of your procedure until your procedure is finished.**

**If you have any questions or need to cancel/re-schedule your procedure for any reason, please call 410-414-5309 option 2 between 9am-4pm Monday-Friday. If you need assistance with your prep AFTER HOURS, call the hospital at 410-535-4000 to have your Gastroenterologist paged.**

### **Flexible Sigmoidoscopy Instructions**

*If you are a medication-dependent diabetic, on blood thinners, have cardiac stents, or on dialysis for renal disease, please reach out for additional instructions regarding your procedure.*

**Do not have anything to eat after midnight. You may only have clear liquids (listed below) up until (3) hours before your procedure.**

#### **Clear liquids include:**

#### **\*\*NO RED OR PURPLE LIQUIDS ARE PERMITTED\*\***

- Strained fruit juices without pulp (apple, white grape, lemonade)
- Water
- Clear broth or bouillon
- Coffee, tea (avoiding creamer of any type)
- Gatorade
- Soda (pepsi, coke, sprite, etc.) • Kool-aid or other fruit-flavored drinks.
- Plain jello (without fruit or toppings).
- Ice popsicles.

**DO NOT DRINK AFTER \_\_\_\_\_.** If a small amount of liquid is consumed after this cutoff time, your procedure may be cancelled. Please take any essential morning medications by this time!

- Do two fleet saline enemas at least two hours before you leave home. Follow the instructions for administration on the enema box.
- After administering the enema, try to hold it as long as you can.
- Allow 30 minutes in between each enema.