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YOUR HEALTH MATTERS PRE-PROCEDURE BOWEL PREP FLEXIBLE SIGMOIDOSCOPY

Bowel Prep

The purpose of a bowel prep is to cleanse the bowel of particulates and decrease the number of bacteria in the colon. The reason for this is to attempt to decrease the number of infectious complications during procedures, and to see better when you are having a flexible sigmoidoscopy.

Stop aspirin one week before the procedure.

The day prior to the procedure:

Please purchase 2 fleets enema's over the counter.

8:00pm Use a fleets enema. You may purchase 2 enemas over the counter

Day of your procedure:

Use a Fleet's enema 30 to 40 minutes before leaving your home. You will not be given conscious sedation for this minimally invasive procedure. You may eat a light breakfast. Please do not drink milk products or citrus fruits or juices. Do not have anything to eat or drink 6 hours before your procedure. Please bring someone with you to drive. Please take all of your regular medications unless they contain aspirin, ibuprofen, plavix or any other blood thinning medications.

- The Colorectal Surgical Team includes Dr. Bard Cosman, Dr. Sonia Ramamoorthy, and Barbara Andrews, Nurse Practitioner.
- Please contact Barbara Andrews, NP if you have medical questions, or need to cancel and/or reschedule your appointment at 858-822-2615.