

Sigmoidoscopy Instructions

Patient Name: _____ Physician: S. Grace Woo, MD/ Belen Tesfaye, MD

You have been scheduled for a Sigmoidoscopy.

The procedure is scheduled at Rockville Internal Medicine on _____.

You should arrive by _____ and tell the receptionist that you are here for the Endo Suite.

The following instructions and information are important for you to follow in order to promote the comfort, safety and success of the procedure.

1. You will need **to purchase two (2) Fleets Enemas** from the pharmacy.
2. Administer one Fleet Enema after your evening meal prior to the procedure.
3. **Nothing to eat or drink after midnight prior to the procedure.**
4. You may take all of your regular medications the morning of the procedure prior to coming to the office. You may take these with sip of water.
5. Two hours prior to the procedure administer one Fleet Enema.

After Your Procedure:

1. You may drive yourself home.
2. If you have any signs of bleeding, abdominal discomfort or concerns please call my office at 301-762-5020 ext. 3056 between the hours of 8:00am -4:00pm. After hours you may contact the answering service at 301-251-8092.