



Gastroenterology Endoscopy Centers

PINEHURST: 15 Regional Dr. Pinehurst NC 28374 (910) 235-3177

SANFORD: 110 Dennis Dr. Sanford, NC 27330 (919) 774-4511

Patient Name: _____ **Physician:** _____

Appointment Date: _____ **Arrival Time:** _____ AM / PM

Sigmoidoscopy without Sedation

Special Medication Instructions: Continue taking ASPIRIN as directed.

If you take any blood thinners such as **Coumadin, Plavix, Effient, Eliquis, Xarelto, Brilinta, Aggrenox, Arixtra, Sayvaysa or Pradaxa** and you did not see one of our GI providers in clinic, please contact our office immediately. You may need special instructions concerning these medications.

One Day Prior to Your Sigmoidoscopy

You will need to avoid fruits and vegetables with seeds and skins such as tomatoes and grapes, roughage foods such as leafy green vegetables or salads and all beans, corn, and nuts. You **may** eat **Meats, Breads, Rice, Pasta, and Potatoes.**

In preparation for your procedure, **you will need to purchase Two Fleet's Enemas** from any drug store.

Morning Appointments: You may drink clear liquids until test time.

Afternoon Appointments: You may have a light breakfast and liquids until test time.

You May Take the Following Medications with a small sip of water the morning of your procedure: Blood Pressure, Heart, Asthma, Breathing, Seizure, Anti-Depressants, Thyroid, and Aspirin.

Use a FLEET'S ENEMA approximately 2 hours prior to leaving home for your appointment. About 30 minutes later use a second FLEET'S ENEMA which will ensure proper cleansing of the colon.

Additional Instructions:

1. Bring a list of your medications with the dosages to your procedure appointment.
2. Please bring your photo ID and your insurance card(s).
3. Wear comfortable clothes and remove nose and/or tongue piercings prior to your procedure.
4. You may want to wear or bring socks

Confirmation of Appointment

If you confirm your appointment and then fail to arrive for your procedure without providing at least 72-hour (3 full business days) notice, you will be charged \$250.00 for not keeping your appointment. Special circumstances will be considered on a case-by-case basis. For complete details, please see Pinehurst Medical Clinic's Patient Appointment Attendance Policy. The complete policy can be found at www.pinehurstmedical.com/attendance.