



Medical Clinic of Houston, L.L.P.

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FLEXIBLE SIGMOIDOSCOPY INSTRUCTION SHEET

John T. Dugan III, M.D.

Procedure Date: _____

Check-in Time: _____

Procedure Time: _____

Please call the procedure center at least **5 days in advance** and pre-register for your endoscopy.

Your procedure is scheduled at one of the following facilities:

Medical Center
Endoscopy

6560 Fannin Street
Suite 600, Scurlock Tower
Ph: 713-796-0500

The Methodist Hospital TMC
Endoscopy Center

6501 Fannin Street 7th Floor
Jones Neurosensory Building
Ph: 713-441-5470
Registration: 713-394-6805

Memorial Hermann Hospital TMC
Ertan Endoscopy Center

6400 Fannin Street
14th Floor
Ph: 713-704-6500

Nothing to eat or drink for 8 hours before the procedure.

On the day before the Sigmoidoscopy, take 2 tablets of Dulcolax Laxative (5 mg each) around 6 pm. Eat a light dinner (preferably clear liquids only). Give yourself one enema (Fleet Saline enema) at home about 4 to 6 hours before the procedure time. These medications are available over the counter at any pharmacy.

You may be receiving sedation for your procedure. Therefore, **you must have a responsible adult available to transport you home** after the procedure. If you do not have someone available to drive you home, your procedure will be rescheduled.

If you are taking any **blood thinners (for example: Plavix, Coumadin, Warfarin, Xarelto, Eliquis, Effient, Pradaxa, Brilinta, etc.) or diabetic medications**, please call our office immediately to discuss how to manage your medications. If you are on Insulin, please contact your prescribing physician for instruction.

Stop taking **Aspirin or Aspirin-like products** (such as Advil, Aleve, Motrin, Naproxen etc.) for 5 days before the procedure. If you have a STENT, you can continue taking Aspirin, 81 mg daily.

You may take important medications (like heart or blood pressure meds, etc.) with a small sip of water on the morning of your procedure. If your procedure is scheduled early (before 10 am), you may want to wait until after the procedure to take your medicines.

Bring a list of all your medications with you. Please leave all your jewelry and valuables at home.

Prior to your procedure, you may receive a call from the Business Office at Medical Clinic of Houston. If you do not, please call the clinic and ask for the Business office.

Additional information: <http://www.asge.org/patients>

Additional information: <http://patients.gi.org/topics/sedation-for-endoscopy>

Should you have any other questions or concerns, please contact our office.

MCH- 145- 003- Flexible Sigmoidoscopy- April 2022