

**PHILIP YEE, MD, INC.**  
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[www.gidoctor.org](http://www.gidoctor.org)

## **PREPARATION INSTRUCTIONS FOR SIGMOIDOSCOPY**

### **DATE OF PROCEDURE:**

Arrival Time: \_\_\_\_\_

Please report to the following facility on \_\_\_\_\_ @ \_\_\_\_\_

**Tresanti Surgery Center**  
5201 Norris Canyon Road, Ste. 100  
San Ramon, CA 94583  
\* Arrive 45 min prior to procedure \*

**San Ramon Regional Medical Center**  
6001 Norris Canyon Road  
San Ramon, CA 94583  
\* Arrive 1 hr 30 min prior to procedure \*

**FOLLOW-UP APPOINTMENT:** \_\_\_\_\_ @ \_\_\_\_\_

Please follow these instructions carefully. If your bowels are NOT CLEAR, it may be necessary to reschedule your procedure. Contact the office ASAP if this is the case.

*Please inform us if you had recent strokes or thromboembolism, recent cardiac stents, an artificial heart valve or history of endocarditis. For diabetic patients – insulin or oral medications will be adjusted as per instructions.*

**7 days before:** DO NOT take IRON, or TICLOPIDINE.

**5 days before:** DO NOT take ASPIRIN, CLOPIDOGREL, PRASUGREL, or WARFARIN,

**3 days before:** DO NOT take any NSAID (such as IBUPROFEN or NAPROSEN), TICAGRELOR or DIPYRIDAMOLE

**2 days before:** DO NOT take APIXABAN, DABIGATRAN, EDOXABAN, REVAROXABAN, CILOSTAZOL

### **TWO DAYS BEFORE:**

have modified LOW RESIDUE DIET (White Rice, Pasta, Chicken, Fish, Potato without skin, hamburger on a white bun, Egg, Cheese [NO fruits, vegetable, cereal/ grain products; no nuts or seeds!])

### **The DAY BEFORE:**

Afternoon- after 1pm:

DRINK CLEAR LIQUIDS ONLY (water, clear broth, tea, black coffee no creamer, juices without pulp, sodas, Jello, Popsicle, Gatorade, Propel, etc. ) Avoid RED, ORANGE and PURPLE liquids. **NO** alcoholic beverages, solid foods, dairy products or Ensure.

Afternoon- start preparation at 6 pm

### **[ ] MAGNESIUM CITRATE:**

1.) drink one bottle of Magnesium Citrate (about 12-16 ounces)

2.) Drink at least three (more if desire) 8 oz of clear liquids before bedtime

3.) If you do not have any bowel movements by 8:00 pm, please phone our office for further instructions

4.) If the bowel movements are not absolutely clear by 9:00 pm, drink another bottle of Magnesium Citrate

### **The MORNING OF:** (procedure day)

- Preparations must be finished and take **NOTHING BY MOUTH 4 HOURS PRIOR TO THE PROCEDURE OR ANESTHETIC WILL NOT BE ADMINISTERED.**

Take only required medications such as blood pressure or heart medication approved by the doctor with a small sip of water (within 4 hr prior to procedure).

IF sedation is planned, **you cannot drive after the procedure** and you **MUST** have a secure ride home (Family, Friends or professional caregiver– not Uber, Lyft or taxi).

Should you need to cancel your procedure, you will need to contact our office **48 business hours** prior to the procedure to avoid a **cancellation fee of \$200**. Please contact us if you have any questions regarding the preparation or the procedure. Our office hours are Monday to Friday, 9: 00 am – 12: 00 pm and 2: 00 pm – 5: 00 pm.