

THE DIGESTIVE HEALTH CLINIC, LLC

Boise Gastroenterology Associate & Idaho Endoscopy Center

SAMUEL S. GIBSON, M.D. IKE D. TANABE, M.D. NIC R. CORDUM, M.D. ROBB F. GIBSON, M.D. STEPHEN M. SCHUTZ, M.D. MARK A. MALLORY, M.D. CHRISTOPHER J. GOULET, M.D.

PATIENT INSTRUCTIONS: FLEXIBLE SIGMOIDOSCOPY

PATIENT NAME _____

REGISTRATION TIME _____ DATE _____

APPOINTMENT TIME _____

Please report to the location at the "registration time".

APPOINTMENT LOCATION:

- () The Digestive Health Clinic, 6259 Emerald Street, Boise, Idaho.
- () St. Alphonsus Regional Medical Center, 1055 N. Curtis Road, Boise, Idaho, Surgery Center, Door S-2.
- () St. Alphonsus Regional Medical Center, Meridian Health Plaza 3025 W. Cherry Lane, Meridian, ID 83642. For driving directions, call 367-8512.
- () St. Luke's Regional Medical Center, 190 East Bannock Street, Boise, Idaho, 1st floor Admitting.
- () St. Luke's Meridian Medical Center, 520 S. Eagle Road, Meridian, Idaho, 1st floor, Outpatient Surgery, Eagle Road entrance.

A properly prepared colon is essential for a thorough and comfortable sigmoidoscopy examination. Please follow these instructions carefully:

Day: _____ Date: _____ (the day before the examination)

Eat lightly today. Do not eat any popcorn, nuts, seeds, fresh fruits or vegetables. Drink plenty of clear liquids.

Day: _____ Date: _____ (the day of the examination)

Eat no solid food. You may drink clear liquids.

Day: _____ Date: _____ (2 hours before the examination)

Take two **Fleets enemas**. Insert one **Fleets enema** initially and hold it several minutes until you have the urge to expel it. After you have completed this first enema, wait 30 minutes and take the second enema. This usually produces a clean lower colon. If there is still much solid particles, then fill the enema container with tap water and repeat the enemas until the return is reasonably clear. (**Fleets enemas** may be purchased at your pharmacy.)

If forms are enclosed with this letter, please fill them out and bring them with you. Also, please bring your photo ID and insurance cards.

If you request sedation for your exam, you will need to bring a responsible adult with you who is designated to receive instruction and provide for your transportation home. **Your driver should check in at reception with you and should be prepared to wait in the clinic lobby for the duration of your procedure.**