

JATINDER S. SEKHON, M.D.

SUSAN H. BARTON, M.D.

10110 Molecular drive, #109, Rockville, MD 20850

(301) 417-9528

PATIENT NAME: _____

We perform procedures at the following locations:

Advanced Surgery Center, LLC
10110 Molecular Drive
Suite 100
Rockville, MD 20850
(301) 838-0437

Shady Grove Adventist Hospital
Out-Patient Surgery Center
9901 Medical Center Drive
Rockville, MD 20850
240-826-6000

Please **ARRIVE** at: _____ on _____
Time Date

PREPARATION INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY

- STOP COUMADIN/WARFARIN or PERSANTINE (Dipyridamole) THREE (3) DAYS PRIOR TO YOUR PROCEDURE**
- DO NOT TAKE ASPIRIN THREE (3) DAYS BEFORE THE PROCEDURE OR ANY NSAIDS (Advil, Motrin, Ibuprofen, Aleve, etc)**
- STOP PLAVIX FOUR (4) DAYS PRIOR TO YOUR PROCEDURE**

YOU WILL NEED TO PURCHASE:

1. One (1) bottle of Magnesium Citrate (Citroma)
2. Two (2) Fleets Enemas
(Both are sold over the counter at your local pharmacy)

THE DAY BEFORE THE PROCEDURE:

1. Eat a regular breakfast
2. Start a clear liquid diet at 11:00 a.m.
3. Drink the bottle of Magnesium Citrate at 5:00 p.m.
4. Give yourself one (1) Fleets enema at 10:00 p.m.

Clear liquids include:

Coffee or tea without milk or creamer, water-either carbonated or regular, Gatorade, ginger ale, apple juice, 7-Up; Jell-O(not dark-colored),bouillon or broth. Sugar and/or artificial sweeteners are allowed.

THE DAY OF THE PROCEDURE:

1. Nothing by mouth until after the procedure. (If the procedure is scheduled for 2:00 p.m. or later, you may drink clear liquids until 10:00 a.m.)
2. Give yourself one (1) Fleets enema at 9:00 a.m. (If the procedure is scheduled for 2:00 p.m. or later, you may start the enema at 9:00 a.m.)
- 3.. **You should take all your usual medications** (including your diabetic medication) with a glass of water the night before the examination, unless otherwise instructed by your physician.
4. **On the day of your procedure, please do not wear perfume, cologne, or scented powders.**

PLEASE NOTE: IF YOU NEED TO CHANGE OR CANCEL YOUR PROCEDURE, PLEASE CONTACT US AT LEAST 48 HOURS PRIOR TO YOUR SCHEDULED APPOINTMENT OR YOU MAY BE SUBJECT TO A \$100 CANCELLATION FEE.

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2401 Research Blvd., #102, Rockville, MD 20850

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Flexible Sigmoidoscopy / Left Sided Colonoscopy

You are going to have an exam of your lower bowel with a flexible endoscope. The purpose of this exam is to assess for colon disease, i.e. rectal bleeding or pain, hemorrhoids, colitis, polyps, etc. Since the instrument is quite flexible, this exam is usually well tolerated without the need for sedatives or medication. There is a small risk of potential bleeding or perforation of the bowel during instrumentation or biopsy (taking a small sample of the bowel lining). This occurs rarely but might require an operation to repair.

You may experience some mild cramping of the abdomen during and after the exam. Please call the doctor if this presents a problem or you have a fever or abdominal pain.

