



SAN JOSE GASTROENTEROLOGY

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INSTRUCTION FOR SIGMOIDOSCOPY

In order for the examination to be faster and more comfortable to you, please follow the following instructions:

1. Do not take Iron supplement one week prior to the exam.
2. You don't have to fast for the procedure. You can have a light meal one hour before the procedure.
3. You need to do the bowel prep as below on the day of the exam:
One hour before you leave the house, use 2 bottles of FLEET ENEMA 4.5oz according to the direction on the box. Half hour before you leave the house, use one more bottle of FLEET ENEMA (for a total of 3 bottles).
4. If you have any questions regarding these instructions or the procedure, please don't hesitate to contact our office. Also, if you need to reschedule or cancel your appointment, please let us know 72 hours in advance prior to the date of the examination. **(408) 347-9005 (Montpelier) or 408-213-3947 (O'Connor).**

****** Please note, the safety of our patient is very important to us, if you do not have a person to drive you home on the day of your procedure, we reserve the right to cancel your appointment.***

****** Please do not leave children unattended during your procedure. We are not responsible for anything that might happen to them.***

Thank you for your cooperation.