

1 – Gastroenterology Specialists of Gwinnett PC

**721 Wellness Way NW, Suite 100, Lawrenceville, GA 30045 (770) 995-7989, (770) 995-3113
3855 Pleasant Hill Road, Suite 230, Duluth, GA 30096 (770) 495-8300**

**Zack Z. Martin, M.D. D. Bradley Lord, M.D. W. Gordon Tanner, Jr., M.D.
Jae W. Nam, M.D. Pamela Boyd, APRN FNP-C**

Flexible Sigmoidoscopy Instructions

Preparation for the procedure:

1. Obtain 2 Fleet enemas and 2 bottles of Citroma or Magnesium Citrate prior to procedure which may be purchased at any drugstore.
2. Drink only liquids the day before exam.
3. Drink only 2 bottles of Citroma (magnesium citrate) at 4:00 pm the night before the exam.
4. Take 2 Fleet enemas approximately one hour prior to procedure.

Please call the office for any questions regarding the preparation.

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LOW FIBER/LOW RESIDUE AND LIQUID DIETS

LOW FIBER DIET: (2 DAYS PRIOR TO FLEXIBLE SIGMOIDOSCOPY):

Soups: Broth, cream soups, tomato, chicken and white rice, noodles

Meats/Protein: Any soft or easy to chew meat or fish. Such as fish or chicken. Avoid red meat.

Vegetables: Well-cooked or canned vegetables, without seeds or skins. Such as carrots, potatoes without skins and tomatoes without seeds or skins.

Fruits: All juices without pulp, cooked or canned fruits without seeds, membranes, or hulls including: applesauce, cherries, peaches, bananas, citrus fruits.

Cereals: No multigrain or high fiber cereals. Refined cereals or ready to eat oatmeal.

Starches: No whole grain, multigrain or wheat breads or pastas. May have enriched white bread, without seeds, biscuits, rolls, crackers or bread made from white flour, plain doughnuts or English muffins, plain macaroni, noodles or spaghetti, white rice, plain waffles or pancakes, saltines.

Cheese/Eggs: Cottage cheese, cream cheese, mild cheese such as American or Swiss. Yogurt without fruit. All eggs.

Desserts: Plain cake, cookies, gelatin, ice cream, pudding, sherbet, pie made from refined flour. No seeds, raisins, coconuts or nuts.

Beverages: Limit milk to two cups a day, carbonated beverages, coffee, tea, fruit-flavored drinks.

Fat: Crisp bacon, butter, cream, margarine, mayonnaise, oils, shortening, smooth salad dressing, sour cream.

LIQUID DIET: (All day on the day prior to the Flexible Sigmoidoscopy. NO SOLID FOOD FOR THE ENTIRE DAY.)

Soups: Clear consommé, bouillon or broth.

Beverages: Tea, coffee, carbonated drinks, water, Kool-Aid (no red or purple).

Juices: Cranberry (no red or purple), apple, strained lemonade, or orange juice.

Desserts: Gelatins, water-ices, popsicles (no red or purple).

Miscellaneous: Hard candy (Lifesavers, etc.)

What to expect the day of your procedure...

We are so happy you have chosen to have your procedure at Northeast Endoscopy Center with one of our five excellent physicians! Below are some bullet points as to what we provide and what we would like for you to anticipate the day of your procedure.

- **You must have a driver!** Please tell your driver to anticipate staying on the premises. If they leave there is a high likelihood that they will miss speaking to the doctor and generally post procedure you will not remember much of the conversation due to sedation given for your exam. Unfortunately, we do not have vending on site so please have your driver bring refreshments with them. Additionally, we keep it cold in the center for many reasons so please bring a jacket.
- Your time given by the office to be here is your check-in time; your procedure is generally 30 minutes after your check-in time. Please arrive on time so that there is ample time to complete paperwork and for the nursing staff to complete your assessment.
- If you have any payment due, our billing office will call you prior to your day of service to make arrangements. Billing is in Suite 100; procedures are in Suite 110.
- Please wear loose comfortable clothing. We will assist you in dressing after your procedure unless you have a driver that will step in to assist. Our policy is that no one post procedure dresses unattended. **Safety first!**
- Our physicians have chosen to use anesthesia that is categorized as conscious sedation. You can generally follow simple instructions under this type of anesthesia. Our goal is to maintain comfort while you are breathing on your own. Most patients fall asleep as the doctor conducts the exam. There are several different reasons they have chosen this type of anesthesia; here are some key reminders for the day of your procedure that are all related to your sedation:
 1. You cannot drive for the remainder of the day.
 2. You may need to take a nap once you are home and settled.
 3. You will most likely have some amnesia post procedure.
- You will be provided written discharge instructions post procedure specifically curtailed to your findings along with various things to watch out for.

Our doors open at 6:30 am, and we are available via telephone after this time at **678-879-0999** if you have any questions the day of your procedure.

If you had your office appointment in our Duluth or Suwanee location, please remember that we are in the same building as the Lawrenceville office – **721 Wellness Way, Suite 110, Lawrenceville, GA 30046.**

Thank you! WE look forward to taking excellent care of you!

Virginia Avian, RN (Clinical Director) & Staff