

# FLEXIBLE SIGMOIDOSCOPY

## Preparing for your exam

NAME: \_\_\_\_\_

Appointment Date: \_\_\_\_\_ Physician: \_\_\_\_\_

**TRI-COUNTY CENTER FOR ENDOSCOPY AND SURGERY**  
**TRILLIUM OFFICE CENTER BUILDING**  
**37399 Garfield Road, Suite 100**  
**Clinton Township, MI 48036**  
**(586) 228-5300**  
**(Located ¼ mile North of 16 Mile)**

### NO TIME HAS BEEN GIVEN FOR YOUR PROCEDURE

Tri-County Center will contact you several days prior to your appointment with the time to report for your procedure.  
(Note: If you have **NOT** received a call **within 2 days of your appointment**, please call **(586) 228-5300**).

- If** this box is checked, please have the enclosed lab work drawn \_\_\_\_\_ days prior to your procedure.
- Please bring your **insurance card(s)** and a **photo ID** with you the day of your procedure.
- You will be contacted by an RN from the endoscopy center. Your medications will be reviewed and instructions for taking them will be given to you at that time.
- DO NOT STOP** any **OVER-THE-COUNTER** or **PRESCRIPTION MEDICATIONS** until you speak with the scheduling pre-surgical screening nurse!!

### You will need:

- 1) Two (2) Dulcolax tablets                      2) Two (2) Fleet enemas (plain)  
(available over-the-counter at your pharmacy)

### PREPARING FOR YOUR FLEXIBLE SIGMOIDOSCOPY:

1. Clear liquid supper the evening before (see enclosed diet sheet).
2. Only clear liquids after supper.
3. Take 2 Dulcolax tablets at 7 PM the night prior to exam.
4. Nothing to eat or drink after midnight the night prior.
5. 2 Fleet enemas (plain) the morning of exam.

Please be certain to bring a friend or relative to remain at the center and drive you home after your procedure.  
**THE PROCEDURE WILL NOT BE PERFORMED IF A DRIVER IS NOT PRESENT.**

### QUESTIONS?

- About your *MEDICATIONS* – (586) 228-5300 (Tri-County Center)
- About the *TIME* of your procedure – (586) 228-5300 (Tri-County Center)
- About changing the *DATE* of your procedure – (586) 286-5400 (Office)
- About *preparation* or for *general questions* – (586) 286-5400 (Office)

More information and FAQ at [www.tcgastro.com](http://www.tcgastro.com)

Tri-County Gastroenterology, PC

Bruce Kovan, DO   Andrew Rosenfeld, DO   Samuel Gun, DO   Jaspreet Ghumman, DO   Fernando Gamarra, MD   Johnathon Markus, MD

**IF YOU ARE UNABLE TO KEEP THIS APPOINTMENT, PLEASE CONTACT OUR OFFICE AT LEAST 24 HOURS IN ADVANCE TO AVOID A \$50 CANCELLATION / NO SHOW FEE.**