

SIGMOIDOSCOPY/LOWER ENDOCOPIC ULTRASOUND

Day before procedure:

1. **AVOID EATING NUTS OR SEEDS** (found in FRUITS AND VEGETABLES)
2. **Clear liquid diet**
3. Do not eat or drink anything after midnight. This includes medications unless Dr. Alayo says otherwise.

Stop these medications:

Day of your procedure:

1. Do not take any morning medicines, please bring them with you.
2. **Apply an over the counter FLEET ENEMA before coming to your procedure.**
3. Arrive at the indicated place on time. Wear comfortable clothing.
4. You will be in the endoscopy center most of the morning.
5. **Make arrangements to be picked up since you will not be able to drive that day.**

****PLEASE FOLLOW THESE INSTRUCTIONS FOR THE BEST POSSIBLE EXAMINATION****

Day of your appointment: _____ Time: _____
Alfa Surgery Center___ Scripps Hospital___ Sharp Hospital___