

**ST. AUGUSTINE ENDOSCOPY CENTER**  
212 Southpark Circle East  
St. Augustine, Florida 32086  
(904) 824-6108

Your: \_\_\_\_\_

Is on: \_\_\_\_\_

Your Arrival time is: \_\_\_\_\_

**\*Please read instructions 1 week prior to procedure.**

1. **One week prior** to sigmoidoscopy/upper endoscopy stop taking: fiber supplements and iron supplements. You may take all other medications.
2. You must have someone drive you home after the procedure is completed because you will be sedated.
3. On the **day before the sigmoidoscopy/upper endoscopy** \_\_\_\_\_ Clear liquids only: water, tea, coffee, Gatorade, apple, or cranberry juice, Jell-O (NO red Jell-O), beef or chicken broth, sodas, ginger ale, bullion and popsicles. No solid food or milk products. We encourage drinking as much clear liquid up to time indicated.
4. Prep as indicated by Physician.
5. Day of exam \_\_\_\_\_
  - a) **Nothing to drink after** \_\_\_\_\_
  - b) Heart and blood pressure medications should be taken on the day of your procedure with a sip of water.
  - c) Do not use adhesive on dentures, as you will be asked to remove them.
  - d) You may brush your teeth and chew gum.
  - e) **Please limit jewelry to rings only. No earrings or necklaces should be worn.**

Use Vaseline, Desitin, or A&D Ointment on anal area to prevent irritation

**If you have any problems taking this prep (vomiting), call our office at 824-6108 ext. 221 during normal office hours. After 5:00pm, please call Flagler Hospital at 819-4802 or 826-4700 and ask for your physician.**