

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

Your: _____

Is on: _____

Your Arrival time is: _____

PURCHASE AT THE PHARMACY: (over the counter) 2 Fleet Enemas

1. On the day before the sigmoidoscopy _____ 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.

2. _____ The day before the procedure use 1 Fleet Enema.

3. _____ The morning of the procedure use 1 Fleet Enema.

4. ____ / ____ / ____ **Day of Exam**

You may have clear liquids until the time of your sigmoidoscopy. Heart and blood pressure medications should be taken on the day of your procedure.

Please limit jewelry to rings only. No earrings or necklaces should be worn. If you have any problems taking this prep (vomiting), call our office at 824-6108 ext. 221 during normal office hours. After 5:00 p.m. please call Flagler Hospital at 819-4802 or 826-4700 and ask for your physician.