

VENTURA COUNTY MEDICAL CENTER
Protocol
Preparation for Flexible Sigmoidoscopy

Your doctor has recommended that you have a flexible sigmoidoscopy. The procedure is scheduled on:

Date:_____ Time:_____

For a complete exam, effective bowel prep is necessary. Please do the following:

1. The evening before procedure:

- ✓ At 6:00 p.m. drink 10 ounces of Magnesium Citrate
- ✓ Take two (2) Dulcolax (Bisacodyl) tablets

Magnesium Citrate and Dulcolax (Bisacodyl) tablets may be purchased over the counter at a local pharmacy.

2. On the morning of the exam:

- ✓ You may have a light breakfast: toast, coffee, juice and water.
- ✓ Take your medications as usual.

3. Check in at Admitting on the 2nd floor of the hospital by 6:30 a.m. on the day of your appointment.

- *It is IMPORTANT to follow the instructions above or we will be unable to perform the procedure and you will be rescheduled.*

If you have questions, please call your nurse at the Family Care Center, 652-6100.

Prepared by: Tom Dunlop, MD

Review/approval: FP Cmte: 7/2005; Surg Cmte: 10/2005; MEC:11/2005