

**BRYN MAWR MEDICAL SPECIALISTS ENDOSCOPY CENTER**  
**610-525-9570 (FAX 610-527-8805)**

**FLEXIBLE SIGMOIDOSCOPY PROCEDURE**

**Procedure date:** \_\_\_\_\_ **Arrival Time:** \_\_\_\_\_

**PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY:**

The Endoscopy Center is located in the **Bryn Mawr Medical Arts Pavilion**, across the street from the Warden Lobby of Bryn Mawr Hospital.

**825 Old Lancaster Road**  
**Suite 330**  
**Bryn Mawr, PA 19010**

**Five (5) days prior to procedure**

- **Stop** Ibuprofen (Motrin, Advil) & Aleve. You may take Tylenol as needed for pain.
- If you take **blood thinners**, such as Coumadin or Plavix, carefully follow the instructions, provided at the time of scheduling, regarding need to hold them. You may be asked to contact your cardiologist for special instructions to hold blood thinners.

**Evening before exam**

- **Clear liquid dinner - no solid food.** You may have water, Gatorade, Propel, black coffee, tea, apple juice, white grape juice, Jell-o (without fruit pieces or red/purple food coloring), water ice, popsicles, chicken or beef broth/bullion, and soda.
- NO RED or PURPLE liquids.
- Drink One (1) chilled bottle of Magnesium Citrate between 4:00 and 6:00 P.M.

**Morning of the exam**

- **Clear Liquid Diet**
- Use One (1) Fleet Enema One (1) hour prior to leaving home.

**Please bring the following with you: photo ID, insurance card and completed paperwork (history form and current list of medications).**

**If you wear reading glasses, please bring them with you.**

**Please leave jewelry and valuables at home.**

**Please do not apply lotions or perfume the day of procedure.**

**PLEASE NOTE: YOU ARE NOT RECEIVING ANESTHESIA.** If you require anesthesia for your procedure, you must have a ride home and you must follow the anesthesia guidelines for fasting and medication restrictions. You can find these instructions on our website if you have not been given a copy.

If you have any further questions or concerns or need to speak with the Endoscopy Center, please call 484-380-2880.