

**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** up until 4 hours prior to your procedure. Then nothing by mouth.
- Use One (1) Fleet Enema One (1) hour prior to leaving home.

**Please bring the following with you: photo ID, insurance card and remember to complete your online health history.**

**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: BECAUSE YOU ARE RECEIVING ANESTHESIA.**

- Make arrangements for a ride home from the Endoscopy Center. You are not permitted to take a cab or Uber ride home, unless you are accompanied by a responsible adult (family or friend).
- **Your driver must be present in the Endoscopy Suite at the time of your discharge.**
- **You are not to eat after midnight prior to your exam.** This includes chewing gum and mints. You may have clear liquids up to 4 hours prior to your exam.
- **Refrain from all cannabis use after midnight prior to your exam.**

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