

**FLEXIBLE SIGMOIDOSCOPY PREPARATION INSTRUCTIONS
WITH ANESTHESIA**

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

- Please review the **Pre-Procedure Instructions** for **IMPORTANT** information regarding diet, medication, and lifestyle alterations that may affect your Prep.
- Please take the time to sign in to and complete the **online health history questionnaire**. The link should have been sent to your email address from noreply@bmmsa.com. If you are unable to sign in to the online health history questionnaire or have technical difficulties, an Endoscopy nurse will call you a day or two prior to your procedure to answer these questions over the phone.

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.**
- **If you vomit your prep or have other medical concerns, please call the Physician on-call at (610) 526-0881.**

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 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.

Visit our website at www.BMMSA.com/Endoscopy