

**FLEXIBLE SIGMOIDOSCOPY PROCEDURE
WITHOUT ANESTHESIA**

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

- 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) 525-9570.

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 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: 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.

CLEAR LIQUID DIET	
ALLOWED ITEMS	ITEMS NOT ALLOWED
Water Clear broth Fat-free consommé Juices (apple, white grape, white cranberry and cider) without pulp Noncarbonated, powder based beverages (lemonade and Kool-Aid, no red/purple food coloring) Sodas (Sprite, 7-Up, ginger ale and seltzer) Coffee or tea (without milk or cream) Clear gelatin (without fruit pieces or red/purple food coloring) Water ice (without fruit pieces or red/purple food coloring) Clear, hard candies Salt and sugar	Milk Cream Milkshakes Tomato juice Orange juice Grapefruit juice Cream soups Any soup other than broth Oatmeal Farina Anything with red or purple food coloring-gelatin, popsicles and hard candy

**You may have an unlimited amount of clear liquids.
 The menu below is a guide to help with meals.**

Sample Menu:

Breakfast: 8 ounces of apple juice, 1 cup of gelatin (without fruit), 1 cup of coffee with sugar but no milk or cream

Lunch: 1 cup of chicken consommé, 8 ounces of ginger ale, 1 cup of water ice, hot tea with sugar and lemon (no pulp)

Dinner: 1 cup of beef broth, 8 ounces of lemonade, 1 cup of gelatin (without fruit), hot tea with sugar and lemon (no pulp)