



**DENVER HEALTH™**

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## Getting Ready for Your Flexible Sigmoidoscopy

### **A** Plan Ahead Call [303-602-1926](tel:303-602-1926) if you have questions or need to schedule or change your appointment

- ✓ Your appointment is at Denver Health, Pavilion M, 723 Delaware Street, **2<sup>nd</sup> floor**. Patient/visitor parking located in basement
- ✓ This is a quick procedure that does not require sedation or other medications. You **do not** need a ride or a companion for this procedure
- ✓ Your visit will take about 1 hour
- ✓ You will need a prescription for Colyte, pick this up at your pharmacy once you have scheduled your procedure
- ✓ Talk to your doctor if you have questions about taking your medications before your procedure

### **B** The day **BEFORE** your Flexible Sigmoidoscopy

- ✓ There are no food restrictions until **the day of** your procedure
- ✓ Today, drink lots of extra LIQUIDS all day long
- ✓ Prepare your prescription per instructions on the bottle and place in the refrigerator over-night

### **C** The day of your Flexible Sigmoidoscopy



**DO NOT eat any food until after your procedure**

- ✓ You need to start drinking your prescription (Colyte) at least **4 hours** before your appointment time
- ✓ It will take at least 2 hours for you to drink **HALF** of the gallon of Colyte, you **MUST** finish the **HALF** gallon **2 hours** before your appointment time
- ✓ Drink 1 full glass (8 ounces) every 15 minutes until the jug is **HALF** gone. Be near a bathroom
- ✓ You may continue to drink clear liquids until your appointment time
- ✓ You may take your morning medications 30 minutes after finishing your Colyte
- ✓ It is extremely important to follow these instructions to clear your rectum of all stool

**GI Lab 723 Delaware Street Denver, CO. 80204 303-602-1926**