Getting Ready for Your Flexible Sigmoidoscopy

A Plan Ahead Call 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, 2nd 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