

**NORTH SHORE  
GASTROENTEROLOGY  
ASSOCIATES, P.C.**

233 EAST SHORE ROAD, SUITE 101  
GREAT NECK, NEW YORK 11023  
TEL: 516-487-2444  
FAX: 516-487-2446

ALAN SLOYER, M.D., F.A.C.G.  
ARTHUR TALANSKY, M.D., F.A.C.G.  
HOWARD RATTNER, M.D., F.A.C.G.  
MORDECAI DICKER, M.D., F.A.C.G.  
CHAIM ABITTAN, M.D.  
DAVID MILKES, M.D.  
ALEX NOVOGRUDSKY, M.D.  
OMER MASOOD, M.D.  
DENISE DIMARCO, N.P.  
SHAHEEN KHALFAN, RPA-C  
REBECCA BIKRAM, RPA-C

**FLEXIBLE SIGMOIDOSCOPY INSTRUCTIONS**

PATIENT: \_\_\_\_\_ DATE: \_\_\_\_\_

PLACE: OFFICE ARRIVAL TIME: \_\_\_\_\_

You have been scheduled for a flexible sigmoidoscopy. This information sheet will attempt to describe what the procedure entails, as well as to inform you of how to best prepare for the procedure. In addition, it will hopefully answer any questions you might have regarding this examination. If there are any questions remaining after reading these instructions, please call our office.

**WHAT IS A FLEXIBLE SIGMOIDOSCOPY?**

A flexible sigmoidoscopy is a diagnostic procedure, which allows the doctor to visualize the lining of the last part of your large intestine (known as the sigmoid colon and rectum). This is accomplished using a flexible sigmoidoscope, a thin flexible tube with a light at the end. If the doctor sees an abnormality, he can pass an instrument through the flexible sigmoidoscope and take a small piece of tissue (biopsy) for examination. Taking a biopsy is painless.

**PREPARING FOR THE TEST**

An important aspect of the test occurs prior to the actual day of the exam. Because flexible sigmoidoscopy involves looking inside of the intestine; part of your colon must be cleansed.

In order to accomplish this task, the following instructions must be followed:

1. On the day prior to the procedure, purchase a bottle of Magnesium Citrate and a Fleet's enema. Drink the Magnesium Citrate late in the afternoon. (3-4pm). You may have a \*\*\*clear liquid dinner\*\*\*. Administer the Fleet's enema before going to bed. Save the bottle.
2. On the morning of the exam you may have a small clear liquid breakfast. Administer 2 tap water enemas before coming to the office for your procedure. (Screw the top off the Fleet's enema bottle, fill it with tap water, administer it, and repeat a second time.)

**\*\*\*YOU MAY TAKE ONLY THE FOLLOWING:**

Water	Gatorade ( <b><u>NO RED</u></b> )	<b><u>NO SOLID FOODS</u></b>
Seltzer	Italian Ice ( <b><u>NO RED ICES</u></b> )	<b><u>NO COFFEE OR TEA</u></b>
Apple Juice	Plain Jello ( <b><u>NO RED JELLO</u></b> )	<b><u>NO LEMONADE</u></b>
White Grape Juice	<b><u>NO MILK OR MILK PRODUCTS</u></b>	<b><u>NO GUM</u></b>
Sprite		
Ginger Ale		

\*\*\*There are NO EXCEPTIONS\*\*\*

\*\*\*Patients may eat and drink ONLY WHAT IS ON THE LIST\*\*\*

**WHAT TO EXPECT AFTER THE PROCEDURE**

You may feel some abdominal distention and expel gas for an hour or two after the procedure. This is normal and is a result of the gas put into the intestine during the exam.

**NORTH SHORE  
GASTROENTEROLOGY  
ASSOCIATES, P.C.**

233 EAST SHORE ROAD, SUITE 101  
GREAT NECK, NEW YORK 11023  
TEL: 516-487-2444  
FAX: 516-487-2446

ALAN SLOYER, M.D., F.A.C.G.  
ARTHUR TALANSKY, M.D., F.A.C.G.  
HOWARD RATTNER, M.D., F.A.C.G.  
MORDECAI DICKER, M.D., F.A.C.G.  
CHAIM ABITAN, M.D.  
DAVID MILKES, M.D.  
ALEX NOVOGRUDSKY, M.D.  
OMER MASOOD, M.D.  
DENISE DIMARCO, N.P.  
SHAHEEN KHALFAN, RPA-C  
REBECCA BIKRAM, RPA-C

---

---

DEAR PATIENT:

PLEASE BE INFORMED THAT THE ANESTHESIOLOGIST THAT WILL BE ADMINISTERING YOUR ANESTHESIA IS AN OUT OF NETWORK PROVIDER. ANY DEDUCTIBLES OR CO-INSURANCE IS THE RESPONSIBILITY OF THE PATIENT.

OUR ANESTHESIA BILLING OFFICE APPEALS EVERY CLAIM ON YOUR BEHALF. USUALLY WE ARE PAID IN FULL WITH NO OUT OF POCKET COST TO THE PATIENT. IF FOR ANY REASON YOUR INSURANCE COMPANY DOES NOT PAY AND YOU ARE BILLED FOR THE BALANCE, AND YOU HAVE ANY FINANCIAL CONCERNS, PLEASE CONTACT OUR BILLING OFFICE.

CORDIALLY,

NORTH SHORE GASTROENTEROLOGY