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**SIGMOIDOSCOPY/ LOWER ENDOCOPIC ULTRASOUND**

**Day before procedure:**

1. **AVOID EATING NUTS OR SEEDS (found in FRUITS OR VEGETABLES)**
2. **Clear liquid diet**
3. Do not eat or drink after midnight. This includes medications unless otherwise specified by Dr \_\_\_\_\_

Stop the following medications:

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**Day of your procedure:**

1. Do not take any morning medication, bring them with you.
2. **Apply an over-the-counter FLEET ENEMA before coming to the procedure.**
3. Arrive at designated location on time. Wear comfortable clothing.
4. You will be at the endoscopy center most of the morning.
5. **Make arrangements to be picked up since you will not be able to drive that day.**

**\*\*PLEASE FOLLOW THESE INSTRUCTIONS FOR THE BEST POSSIBLE EXAMINATION\*\***

Procedure Date: \_\_\_\_\_ Time: \_\_\_\_\_

Alfa Surgery Center\_\_ Scripps Hospital \_\_ Endoscopy Center Chula Vista\_\_ Otay Lakes Surgery Center