

# DIGESTIVE DISEASE SPECIALISTS, INC.

Northwest (Baptist Medical Center) Office  
**Kenneth A. Seres, MD**  
3366 NW Expressway, Suite 400  
Oklahoma City OK 73112  
(405) 702-1300 or Toll-Free: (800) 878-6177

NAME: \_\_\_\_\_

DATE OF PROCEDURE: \_\_\_\_\_

ARRIVAL TIME: \_\_\_\_\_

PROCEDURE TIME: \_\_\_\_\_

**1 Ambulatory Endoscopy Center**  
North AEC, Baptist Phys Bldg D  
3366 NW Expressway, Ste 400  
Oklahoma City, OK 73112  
See Map on Back

**2 Integris Baptist Medical Center**  
3300 NW Expressway  
Oklahoma City, OK 73112  
Check in at  
Outpatient Registration

**3 Integris Canadian Valley  
Regional Hospital**  
1201 Health Center Parkway  
Yukon, OK 73099  
Check in at Outpatient Registration

## **Bowel Prep for Flexible Sigmoidoscopy**

**IT IS NECESSARY** for you to make arrangements **ahead of time** for someone to accompany you to your appointment. This person must be able to drive you home and must be able to stay in the facility during the procedure. You will not be allowed to drive or to take a cab after your procedure due to the sedation you will receive.

Sigmoidoscopy allows direct visualization of the inside of the rectum and the first part of the colon. The examination is performed as a single procedure with a flexible instrument. It is done for screening, to aid in the evaluation of your symptoms, or to clarify an abnormality seen on an X-ray. It is possible to remove a polyp or to take a biopsy during this examination.

For the doctor to have a clear view of your colon, it is essential that the colon be completely free of stool. Therefore you must complete a bowel preparation regimen as follows:

- 1) Beginning at Noon on \_\_\_\_\_ you will be restricted to a clear liquid diet. Clear liquids consist of water, coffee, tea, sodas, fruit juices (no orange juice), broth Jell-O (no red or purple), and popsicles. **No alcohol, solid food, milk or cream.**
- 2) At about 6:00 p.m. on \_\_\_\_\_ drink one liter of the Movi prep. Drink one 8 ounce glass every 15 minutes until gone.
- 3) At 7:00 p.m. take 4 of the Dulcolax (Bisacodyl) with 1 liter of clear liquid of your choice.
- 4) At 8:00 p.m. on \_\_\_\_\_ drink the second liter of the Movi prep. Drink 8 ounces every 15 minutes until gone.
- 5) On \_\_\_\_\_ at \_\_\_\_\_ give yourself one Fleet enema 2-4 hours before leaving home.
- 6) You may continue to drink clear liquids until \_\_\_\_\_ on \_\_\_\_\_.
- 7) Once you have begun your bowel prep, stay very near toilet facilities.

Regarding medications: **Stop aspirin and iron 3 days before the procedure.** Inform the nurse immediately if you are taking blood thinners, medication for diabetes, or seizure medications. All other medications should be taken just as you normally would.

If you experience problems during the bowel prep, please call the office. There is always a Physician on call.

**\*\*\*\*IF YOU ARE A NEW PATIENT OR IF YOU HAVEN'T BEEN SEEN BY YOUR PHYSICIAN WITHIN ONE (1) YEAR, PLEASE PRINT THE FORMS AT THE FOLLOWING LINK: [Pre-Registration Forms](#). PLEASE FILL OUT ALL FORMS AND BRING THEM WITH YOU TO YOUR PROCEDURE. THANK YOU.\*\*\*\***