

GREGORY J. WIENER M.D., P.C.

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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:

A _____ B _____
C _____ D _____

Day of your procedure:

1. **Do not take any morning medication. Bring medications 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 _____ ENDOSCOPY CENTER OF C.V. _____ OTAY LAKES SURGERY CENTER _____
SCRIPPS HOSP _____