



**Gastroenterology, Hepatology and Endoscopy**

*American Board of Internal Medicine*

*Diplomate in Gastroenterology & Internal Medicine*

**David Cohen, M.D.**

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**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Preparation for Sigmoidoscopy**

You are scheduled for a Sigmoidoscopy on \_\_\_\_\_ at \_\_\_\_\_.

**Note:** The facility may call you to change arrival time

1. Begin a clear liquid diet for lunch and dinner on \_\_\_\_\_, the day before your procedure and continue the entire day.
2. Mix 7 packages of MiraLAX (17 grams) or a bottle of 119 grams into 32 oz of water at 4:00 pm, the day before the procedure.
3. You can continue taking clear liquids, during and even after the liquid preparation until midnight the night before the test, but nothing after that.
4. Do not take any medication within 2 hours before undergoing Sigmoidoscopy. Do not take iron pills for one week before the test.
5. Continue to take all your medications including blood pressure pills with sips of water even the morning of your test. The only exceptions are diabetic medications and blood thinners which you need to discuss with your doctor.
6. A good preparation is an important part of this examination. If you have any questions, please call the office at **305-692-6100 options #2**

**Clear liquids that you can take are the following:**

Clear bouillon, broth or consommé, tea, coffee, decaffeinated tea or coffee, Kool-Aid, carbonated beverages. Do not put any milk or cream in your tea or coffee. Juices including clear cranberry, white grape, and clear apple juice, strained lemonade, limeade, orange drink or any juices that you can see through and has no pulp. Also acceptable is water ices, Italian ices, popsicles, and you can have jello (**NO Red or Purple**).

**Patient Responsibility (PROFESSIONAL FEE ONLY)** \_\_\_\_\_

**This is an estimated fee for just the doctor's services. You may have additional fees for the facility and lab**

Mount Sinai Medical Center  
Gummerick Building 1<sup>st</sup> floor  
4300 Alton Rd  
Miami Beach, FL 33140  
Phone# 305-674-2498

Aventura Hospital  
(Register on the 1<sup>st</sup> floor)  
20900 Biscayne Blvd  
Aventura, FL 33180  
Phone# 305-982-7000

Surgery Center of Aventura  
20601 East Dixie Highway  
Suite 400  
Aventura, FL 33180  
Phone# 305-792-0323

Baptist Endoscopy Center  
709 Alton Rd, Suite 130  
Miami Beach, FL 33139  
Phone# 786-204-4010