

# Digestive Disease Specialists of Northeast Alabama

900 Goodyear Ave – Suite A – Gadsden, AL  
112

Tel. (256) 492-3220 ext 108 or



**César T. Fernández, M.D.**  
Gastroenterology/Hepatology

## FLEXIBLE SIGMOIDOSCOPY INSTRUCTIONS:

Date of Procedure: \_\_\_\_\_  
(The day prior to the procedure, the facility will call you with your arrival time.)

Your procedure will be at the following location:

- |  |   |
|--|---|
| <input type="checkbox"/> Gadsden Endoscopy<br># 256-492-4284<br>820 Goodyear Avenue<br>Gadsden, AL 35903 | <input type="checkbox"/> RRMC Outpatient<br># 256-543-5355<br>600 South 3rd Street<br>Gadsden, AL 35901 |
|--|---|

## The Day Of The Procedure:

1. Do not eat or drink anything after midnight the night before your procedure.
2. If you are diabetic, do not take any insulin prior to your procedure. All other medications can be continued as normal unless otherwise instructed \*\*with a sip of water\*\*.
3. Do not chew gum, consume mints, use chewing tobacco, or smoke prior to your procedure.
4. An adult must remain at the facility with you during your procedure and drive you home afterwards.
5. At 5:00am, perform one warm water retention fleet enema.
6. At 6:00am, perform one warm water retention fleet enema.

If biopsies are taken during your procedure, call our office after 14 days for your results.  
Phone # 256-492-3220 ext 108 (Tabitha) ext 112 (Kelli)

\*\*Please remember to discuss with your anesthesiologist if you will incur any costs for the anesthesia that you will receive during your procedure.