



Loma Linda Medical Center
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Lower Endoscopy and Lower Motility Preparation Instructions

- Flex Sig. (Flexible Sigmoidoscopy)
- RUS (Rectal Ultrasound)
- ARM (Anal Manometry)
- Biofeedback
- Other: _____

Check In Date and Time: _____

Procedure Time: _____

Note: The success of your procedure depends on a clean sigmoid and rectum. Any remaining stool can result in the need to repeat the procedure

- You will need to purchase two (2) Fleets enemas (green box) ahead of time.

Day of Procedure:

- Two hours before you leave home give yourself one enema.
- Wait 10-15 minutes. Repeat with the second enema.
- You will be awake for this procedure. Please allow 30 min to 1 hour for this test.
- Go directly to the outpatient check-in desk for financial clearance. Bring insurance cards and picture ID. You will receive 2 bills for these services: one from the hospital and one from the GI Physician. Be prepared to pay any co-pays or deductibles at the time of procedure.

We understand that unplanned issues can come up and you may need to cancel an appointment. If that happens, we respectfully ask for appointments to be cancelled at least 48 hours in advance. Our physicians & staff want to be available for your needs and the needs of all our patients. When a patient does not show up for a scheduled appointment, another patient loses an opportunity to be seen. Please call (909) 558-4668, option 2, to reschedule or cancel an appointment. We, the GI Lab staff and physicians at Loma Linda University Medical Center, wish to thank you for choosing us for your health needs.