

## ***Flexible Sigmoidoscopy Prep Instructions***

### ***In Advance...***

- In advance, you will need to purchase 2 Fleet enemas
- Avoid eating: Seeds, Nuts and Corn 5 days before your procedure.**
- If you take blood thinner products: follow the instructions for your blood thinner products as you were directed by your physician.
- If you take insulin products or oral diabetes pills: Contact your physician to obtain specific directions for dosages on the day before and day of your procedure.

### ***Prep Instructions....***

#### **DAY BEFORE EXAM:**

- Please follow a low residue diet: for breakfast and lunch, eat your choice of the following: Canned fruits or vegetables, eggs (except fried), white bread, hot cereals, white chicken, turkey, fish, yogurt, soups, jello (no red or purple), tapioca, fruit and vegetable juices.
- For dinner please have only clear liquids. Clear liquids include anything you can see through. For example: chicken or beef broth, coffee or tea **without cream**, fruit juice, sport drinks or jello. **NOTHING RED OR PURPLE – AND NO SOFT DRINKS PLEASE.**
- **At approximately 7:30 p.m. please use one Fleet enema. You may continue to drink clear liquids the remainder of the evening.**

#### **DAY OF EXAM:**

- Take your usual medications (especially heart and blood pressure medications) **up to 4 hours prior to the procedure.** It is OK to take aspirin up to and including the day of the procedure, up to 4 hours prior to your procedure. **Follow specific directions given by your physician regarding insulin, oral diabetes pills, and blood thinners.**
- **Use the second Fleet enema at least 2 hours before leaving for your appointment.**
- Please do not drink or eat anything until after your procedure is complete – no gum, mints or candy for 4 hours before your procedure.