

Flexible Sigmoidoscopy Prep Instructions:

Avoid anything RED or PURPLE (**NO RED FOODS OR BEVERAGES**)

Your procedure is scheduled for: _____

Arrival Time: _____ Procedure Time: _____

Facility: _____

The **day before** your procedure you will start you prep:

LIGHT BREAKFAST:

-Toast or small bowl of cereal or oatmeal

Once complete you will begin your clear liquid diet, which should be continued until after the procedure is complete

Examples of clear liquids: Water/soda water, Tea (sweet/unsweetened), Black coffee (DRY creamer and sugar are allowed), Chicken broth, Clear sodas (coke, sprite, pepsi, ginger ale, 7UP, Mt. Dew & root beer-THIS INCLUDES DIET SODAS ALSO), Clear juices (apple, white cranberry, white grape), Gatorade (NO REDS OR PURPLES), Propel Water/Dasani Flavored Water, Jello (lemon, orange & lime-NO FRUIT ADDED) & Popsicles (green, yellow & orange)

LIGHT LUNCH:

-Salad (without tomatoes), crackers, soup (no red based), chicken, turkey, tuna salad sandwich, OR 6" cold cut sub

Continue drinking clear liquids throughout the remainder of the day

ONE HOUR AFTER LUNCH-BEGIN PREP

You will need to take a full bottle of MAGNESIUM CITRATE (**please be sure that you are at home before starting this as the product can begin to work quickly**)

It is recommended that you have TUCKS PADS, BABY WIPES or VASELINE on hand to prevent chaffing once the laxative is started.

****PLEASE REMEMBER, NO DINNER-ONLY CLEAR LIQUIDS (up until bedtime) ****

THE MORNING OF PROCEDURE

You will need to administer (2) FLEET ENEMAS **three hours before** arriving to the facility.

1st dose: _____ a.m. (WAIT 1 HOUR), then 2nd dose: _____ a.m.

For example if your arrival time is 9:00am, your first dose will need to be administered at 6:00am, wait **one hour**, then your second dose will be administered at 7:00am