FLEXIBLE SIGMOIDOSCOPY PREP INSTRUCTIONS

Please follow these instructions carefully.

Be aware that if you do NOT prep as directed your procedure will be cancelled.

Please call the office immediately if you did not give the Scheduler a list of your current medications, vitamins and allergies.

**NIGHT BEFORE EXAM:**

CLEAR LIQUID DIET ONLY beginning with the Evening Meal the night before the examination.

**FOODS ALLOWED ARE AS FOLLOWS:**

- Nothing colored red or purple!
- Clear Chicken or beef broth.
- Soda (Ginger Ale, 7-Up, Sprite).
- Hard candy.
- Coffee or Tea (NO milk/cream or sugar/sweetener).
- Ice Popsicles (only green or yellow).
- Plain Jell-O (only yellow or green).
- Strained Fruit Juices.

**DAY OF EXAM:**

Take 2 Fleet enemas 2 hours (half hour apart) before leaving for scheduled appointment.

NO breakfast morning of exam.

The above stated measures must be meticulously adhered to in order that the bowel is sufficiently cleaned to permit an adequate exam.

Please report to our office on __________________________________________________

at _________________. Your appointment will begin at approximately _______________.

If you have any questions about your procedure or medications, please contact our office.