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[www.gastrocenterofnewsmyrnabeach.com](http://www.gastrocenterofnewsmyrnabeach.com)

## FLEXIBLE SIGMOIDOSCOPY (Preparation)

You must be accompanied by a driver who will register with you, wait with you during your procedure, and drive you home if you are having sedation. **Your procedure will be canceled if you have not arranged for this. IF YOU NEED TO CANCEL OR RESCHEDULE YOUR PROCEDURE, PLEASE CALL 386.427.0390.**

### **DAY BEFORE THE PROCEDURE**

All Patients: For the entire day prior your procedure, you should only have a “clear liquid diet”. A “clear liquid” means that you can see through it. Solid food, milk, and milk products are NOT allowed. NO alcohol. All items consumed need to be clear, yellow, orange, or green. NOTHING RED, BLUE, OR PURPLE.

Clear liquids include:

- Water, or sodas – 7-Up, Sprite, cola, ginger ale
- Strained fruit juices, without pulp – Apple, White Grape, Lemonade
- Clear broth or bouillons
- Coffee or tea – **without** milk or non-dairy creamer
- Gatorade, Kool-Aid, or other fruit-flavored drinks – not red, blue, or purple
- Ice popsicles, or Plain Jell-O without added fruit or topping – not red, blue, or purple

### **DULCOLAX PREP. DAY BEFORE THE PROCEDURE**

Dulcolax and Fleet enemas can be purchased over the counter, no prescription is required.

- **7:00 PM:** Take two (2) Dulcolax laxative tablets with a glass of water.
- Only clear liquids until midnight, and nothing to eat or drink after midnight.

### **DAY OF THE PROCEDURE**

- **Use two (2) Fleet enemas, one hour apart.** Try to hold the enema for as long as possible (at least ten minutes). It may be easier if you lie on your left side to do this.
- If you are an insulin-dependent diabetic take **1/2** your normal dosage of insulin the morning of your procedure. If you are not insulin-dependent and take oral medication only, please do not take your oral medication until after your procedure.
- Please **DO** take any blood pressure, seizure, or heart medications, with a small sip of water the morning of your procedure.
- **You must not have anything to eat or drink until after your procedure.**

*\*\* Please bring a list of your medications with you on the day of your procedure. \*\**