

FLEXIBLE SIGMOIDOSCOPY PREPARATION

No Sedation/Anesthesia: Enema Instructions

Two hours prior to your procedure, give yourself two (2) Fleet Enemas as follows:

Insert one, lie on your left side holding the enema for at least fifteen (15) minutes before expelling it, and then expel the enema. Repeat the same procedure with the second enema. (Fleet enemas are available over the counter at any drug store or pharmacy.) Unless your physician has instructed you otherwise, no dietary restrictions are required.

IMPORTANT:

If you are scheduled with Sedation/Anesthesia: Begin a clear liquid diet 8 hours prior and up to 3 hours prior to your procedure. Follow the Enema instructions above.

Transportation if you are having your procedure with Sedation/Anesthesia:

You must have someone accompany you home the day of your procedure, even if you take a cab. The Medical Procedure Staff must be able to contact whoever will accompany you. If this person cannot be confirmed prior to the procedure, your procedure will be rescheduled for your safety. You should not drive a car, operate machinery, or make any legal decisions until the day after your procedure.

You may drink clear liquids until (3) hours before your procedure:

Clear liquids include strained fruit juices without pulp (apple, white grape, white cranberry, lemonade etc.). Other liquids to include: Gatorade, carbonated and non-carbonated soft drinks (nothing red, purple or orange). You can have (1) cup of Coffee or Tea (without milk or milk products), plain Jell-O (without added fruits or toppings) and chicken bouillon (broth only). No milk or milk products allowed. Clear liquids are to be light and see-through in color.

3 hours prior to your procedure: Nothing by mouth including gums, mints, or any candies. NO REDS, PURPLE OR ORANGE colors allowed!