

## FLEXIBLE SIGMOIDOSCOPY

### PATIENT INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY

#### **You will need to buy:**

- Miralax (119-gram bottle)
- 32 ounces of Gatorade (no red dyes)
- Fleets Enema

#### **7 DAYS PRIOR TO PROCEDURE:**

**You MUST STOP taking any appetite suppressant/weight loss medication that contain Phentermine.**

#### **DAY BEFORE YOUR PROCEDURE:**

1. **Clear liquid diet for the entire day. No Solid food, no dairy, no red liquids.**

##### **Clear liquids allowed as follows:**

###### Clear Liquid: (Not red items of any kind)

- Gatorade, Pedialyte, or Powerade
- Clear broth or bouillon
- Coffee or tea (no milk or non-dairy creamer)
- Carbonated and non-carbonated soft drinks
- Kool-Aid or other fruit-flavored drinks
- Strained fruit juices (no pulp)
- Jell-O, popsicles, hard candy

###### Not Clear Liquid:

- No red items of any kind
- No alcohol
- No milk or non-dairy creamers
- No noodles or vegetables in soup
- No juice with pulp
- No liquid you cannot see through

2. **Upon waking mix the entire bottle of Miralax and the 32-ounce bottle of Gatorade and store in the refrigerator.**
3. **At approximately 12 noon, drink 8 oz of the mixture every 20 minutes until it is gone.**

#### **DAY OF YOUR PROCEDURE:**

1. **If you are receiving sedation, clear liquids must be stopped 4 hours prior to procedure.**
2. **Take a Fleets Enema per package directions **2 hours prior to appointment.****
3. **If you receive sedation, you will need a driver. You may not drive for the remainder of the day.**
4. **Do not smoke, chew tobacco, gum or use snuff on the day of your procedure.**