

CENTER FOR DIGESTIVE HEALTH

Gastroenterology Associates, P.C.

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Day _____

Date _____

Arrival Time _____

Procedure Time _____

FLEXIBLE SIGMOIDOSCOPY PREP WITH SEDATION

One (1) day before your Sigmoidoscopy you will need to do the following:

- **Before 6:30 PM** Start clear liquid supper (refer to Liquid Diet list below)
- **6:30 PM** Drink one 10 oz. bottle of Magnesium citrate with 2 glasses of water

The day of Sigmoidoscopy you will need to do the following:

- Your medications can be taken in the morning with a small sip of water.
- Take 2 Fleets enemas 15 minutes apart, 1-2 hours before your scheduled arrival time.

In addition, if you are having an afternoon procedure:

A **clear liquid** breakfast is **REQUIRED** in the early morning and then nothing by mouth. Remember, it is important you do not eat or drink anything at least **six hours prior** to your procedure otherwise it will need to be rescheduled.

CLEAR LIQUID DIET

DO NOT DRINK ANYTHING RED OR PURPLE

CAN HAVE

Apple Juice
Tang
HI-C Fruit Juice
Coffee
Broth or Bouillon
Plain Jell-O (no fruit or sugar free)

Gatorade
Popsicles
Pop (diet or regular)
Water
Tea

CANNOT HAVE

Milk or Milk Products
Orange Juice with Pulp
Tomato Juice
Prune Juice
Alcohol

General information:

- Please use the Center for Digestive Health Entrance and Registration Desk
- For a **morning procedure**, if you are thirsty, drink only a few ounces (less than a glass) of water up to **six hours prior** to your arrival time.
- A **small** amount of Vaseline applied to the rectal area may help relieve any discomfort

PLEASE CALL IF YOU ARE HAVE QUESTIONS, CONCERNS OR PROBLEMS
WITH THE PREPARATION OR INSTRUCTIONS (563) 383-2686

YOU MUST BE ACCOMPANIED BY A DRIVER WHO REMAINS AT THE CENTER FOR DIGESTIVE
HEALTH DURING YOUR THE PROCEDURE