

# CENTER FOR DIGESTIVE HEALTH

Gastroenterology Associates, P.C.

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Day \_\_\_\_\_

Date \_\_\_\_\_

Arrival Time \_\_\_\_\_

Procedure Time \_\_\_\_\_

## FLEXIBLE SIGMOIDOSCOPY PREP WITHOUT SEDATION

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

- **Before 6:30 PM** Start clear liquid supper.
- **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 water.
- Take 2 Fleets Enemas 15 minutes apart, 1-2 hours before your scheduled **arrival** time.
- You may drink clear liquids until the time of the procedure.

### CLEAR LIQUID DIET

#### DO NOT DRINK ANYTHING RED OR PURPLE

#### CAN HAVE

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

#### CANNOT HAVE

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

### General Information:

- You may drink clear liquids until the time of the procedure.
- Please use the Center for Digestive Health Entrance and Registration Desk
- Vaseline applied to the rectal area may help relieve any discomfort

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