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## FLEXIBLE SIGMOIDOSCOPY BOWEL PREPARATION

Your efforts at cleansing your lower colon and rectum are essential for an accurate and safe procedure. The instructions provided below are designed to maximize the ease, safety and success of your preparation. **If you believe your prep has not been effective please inform the nurse and physician prior to the procedure.**

**Important note:** In most patients, flexible sigmoidoscopy is well tolerated and can be performed without sedation. However, if you wish to receive sedation you must be accompanied by a friend or relative to drive you home as you may not drive or go home by taxi or bus. **Your procedure will be performed without sedation or canceled if you do not have a qualified driver.**

### Purchase the following at the pharmacy

- Two (2) Fleet® enemas (over the counter)
- One (1) bottle of Magnesium Citrate (over the counter)
- Optional: Plain or aloe Baby wipes (minimizes bottom irritation)
- Optional: Desitin or A&D ointment (minimizes bottom irritation)

### Day before the procedure

- Eat a light breakfast and lunch.
- Eat only a clear liquid diet for dinner. No red or purple liquids. Avoid all solid food, dairy products and juices with pulp. Examples of clear liquids can be found on the reverse side (page 2). **Drink as much fluid throughout the day.**
- 8:00 p.m. – Drink one bottle of chilled Magnesium Citrate.
- Continue clear liquid diet.

### Day of procedure

- Take two (2) Fleet® enemas two hours prior to your scheduled appointment.
- You may take necessary medications with small amount of water.
- You may continue clear liquid diet until 3 hours prior to your procedure.
- **DO NOT TAKE ANYTHING BY MOUTH 3 HOURS PRIOR TO YOUR PROCEDURE TIME.**

**Please drink plenty of clear liquids throughout the day to prevent dehydration. You may have clear caffeinated beverages; however please do not make these a majority of your liquids.**

## CLEAR LIQUID DIET

Apple juice

Cranberry juice (okay because it is naturally red)

White grape juice

Propel fitness water (any flavor)

Gatorade (no red or purple)

Tea

Coffee. No cream or dairy products added.

Chicken or beef broth (strained)

Jell-o (no red or purple)

Popsicles (no red or purple)

**You may have clear liquids with caffeine. However, please do not make it the majority of your liquids.**