

Gastro Health
Gastroenterology Gastrointestinal Endoscopy Hepatology
(239) 939-9939

PREPARATION FOR FLEXIBLE SIGMOIDOSCOPY

You have been scheduled to undergo a flexible Sigmoidoscopy. In order for the examination to be successful, your colon must be completely cleared of stool. For this reason, you must take a laxative preparation the day before the procedure. **Please follow these instructions carefully.** If your colon is not completely clear, it may interfere with the ability to diagnose your problem and could even require that the test be repeated.

Your procedure is scheduled on: _____
Date

The Facility you are to report to: _____

Please arrive for the procedure at: _____

INSTRUCTIONS THE DAY BEFORE THE PROCEDURE IS SCHEDULED:

This prep will cause diarrhea.

On _____ after **3 P.M.** you will be on clear liquids only, no solid foods or milk products. Clear liquids are coffee, tea, soda, water, apple/ white grape juice, broth, Jell-O, Gatorade, and Popsicles. **NO RED LIQUIDS**. Keep on these clear liquids all day until you go to bed.

On _____ at **4 P.M** take **4 Dulcolax tablets** with 8 ounces of clear liquid.

On _____ at _____ take One (1) 10 ounce bottle of Magnesium Citrate.

You may not have anything to eat, drink or chew after _____ on _____.

INSTRUCTIONS THE DAY OF THE PROCEDURE:

On _____ at _____. Do one fleets enema prior to your procedure.

If you are a diabetic, or you take blood thinners, heart, or blood pressure medications, please refer to special instructions given to you. Please refrain from smoking the day of the procedure. If you are asthmatic, please bring your inhalers. Bring a complete list of all medications you take along with the dosages, your insurance cards, and your glasses.

Shopping List:

Clear Liquids (listed above)

Dulcolax or generic tablets x4

1 Fleets enema, 10oz. bottle Magnesium Citrate

Please call our office if you have any questions about the preparation **239-939-9939**