

FLEXIBLE SIGMOIDOSCOPY

A 48 Hour Cancellation Notice is Required For All Appointments

PREPARATION

ALLOW THREE (3) HOURS FOR THE PROCEDURE

A FLEXIBLE SIGMOIDOSCOPY IS AN EXAM THAT CHECKS 60CM OF YOUR COLON FOR POLYPS, INFLAMMATION AND OTHER ABNORMALITIES.

ON THE DAY BEFORE THE EXAM, PLEASE STAY ON A CLEAR LIQUID DIET (NO SOLID FOOD). PLEASE SEE ATTACHED FORM FOR INSTRUCTIONS.

DRINK 1 BOTTLE OF MAGNESIUM CITRATE THE DAY BEFORE AT 6:00 P.M.

IN THE MORNING OF THE PROCEDURE, APPLY 2 FLEET ENEMAS.

FIRST ENEMA 2 HOURS BEFORE PROCEDURE

SECOND ENEMA 1 HOUR BEFORE PROCEDURE

ANY QUESTIONS, PLEASE CALL OUR OFFICE

LIQUID DIET

**START THE MORNING ON THE DAY BEFORE YOUR PROCEDURE.
FROM THE TIME YOU GET UP TO MIDNIGHT**

FOODS ALLOWED:

BROTH: Chicken OR beef

JELL-O & POPSICLES: (No Red or Purple Flavors)

JUICES

Strained fruit juices: Apple, White Grape, Lemonade

TEA/COFFEE: (Decaffeinated or regular), carbonated beverages, fruit flavored drinks
(No Red or Purple) No Milk, (Sugar OK)

NO SOLID FOODS AT ALL, INCLUDING VEGETABLES & MEATS

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed. No red or purple liquids should be consumed.