



Flexible Sigmoidoscopy Prep

The day before your procedure, drink clear liquids only for breakfast lunch and dinner. No solid food. **Please take all your normal medications.**

Need to purchase: Two FLEET enemas + Two DULCOLAX tablets

STEP 1: THE DAY BEFORE YOUR PROCEDURE:

- At **7:00am** begin drinking clear liquids from the moment that you wake up. Drink 8oz of fluids every hour to prevent dehydration.
- At **6:00pm** take the two Dulcolax tablets.

STEP 2:

- **Two hours before your arrival time** use the first enema. Hold the enema in for as long as possible, up to 5 minutes and then release the liquid into the toilet.
- Wait 15 minutes and then use the second enema. Hold the enema in for as long as possible, up to 5 minutes and then release the liquid into the toilet.
- If after the second enema, the fluid is not clear, fill the empty bottle up with warm tap water and repeat.

**** IF YOU ARE DIABETIC TAKE NO ORAL DRUGS THE DAY BEFORE AND THE MORNING OF YOUR PROCEDURE. IF YOU TAKE INSULIN TAKE ½ DOSE OF INSULIN THE DAY BEFORE THE TEST AND NONE THE DAY OF TEST.*****

IF YOU ARE ON BLOOD THINNERS PLEASE ASK YOUR PHYSICIAN ABOUT STOPPING THEM

Also: The morning of your procedure: THIS IS IMPORTANT!

- Take all heart and blood pressure medicine with a small sip of water
- Take asthma medication
- Take all morning medications with a small sip of water