

## Flexible Sigmoidoscopy Preparation

**WHAT IS A FLEXIBLE SIGMOIDOSCOPY:** The procedure consists of a fiberoptic scope that examines a portion of the interior part of the bowel (large intestine) Images from the scope are transmitted to a monitor. A light sedative may be given so patients are comfortable during the procedure. **If a sedative is used, you will need to bring someone with you to stay for the procedure and drive you home.**

### PURCHASE ITEMS FROM THE PHARMACY

1. Two Fleets enemas (**non-prescription**)
2. One Bottle of Milk of Magnesia (**non-prescription**)

### DAY BEFORE YOUR PROCEDURE

1. You will need to eat a light dinner by **5pm**.
2. You may drink **clear liquids after dinner until you go to bed**.
3. Clear liquids consist of water, juices without pulp, Gatorade, tea, black coffee, bouillon, broth, soda pop, plain Jell-O, or popsicles. **Please do not consume any food or dairy products. None of the clear liquid items listed above can be red, blue, or purple.**
4. At **7pm**, take 4 tablespoons of Milk of Magnesia by mouth. **Drink at least 2-3 more glasses** of clear liquids before going to bed.
5. Nothing by mouth after midnight.

### MORNING OF THE PROCEDURE

1. Nothing by mouth until the procedure is completed.
2. **One hour before leaving for your morning procedure, administer rectally, two Fleets Phospho Soda Enemas as directed by the manufacture.**
3. You may take any blood pressure or seizure medications 4 hours before the procedure.
4. **Nothing by mouth for 4 hours before the procedure.**

### \*\*PLEASE NOTIFY THE ENDOSCOPY DEPARTMENT

1. You were unable to complete the colon preparation. We may need to reschedule your procedure.
2. You have any questions regarding the colonoscopy preparation, call us at:  
Revere Health Endoscopy Scheduling, [385-203-1150](tel:385-203-1150)