

FLEXIBLE SIGMOIDOSCOPY PREPARATION

Appointment Date and Time: _____

1. At 6 pm the night before, take 4 tablespoons of Milk of Magnesia.
2. Use a clear liquid diet for dinner the night before your procedure. Stay on clear liquids after lunch until the procedure has been completed. No solid food.
3. Use two (2) Fleets enemas 15 minutes apart at least one hour before your appointment. Try to retain the enemas for at least 5 to 10 minutes each before expelling. Please be certain to purchase the Fleet enemas in the green box.

Note: All products listed for your prep are over the counter and do not require a prescription for purchase.

Clear liquid Diet

Water	Gatorade
Clear broth (any flavor) (Swanson canned broth is very good)	Tea
Bouillon	Coffee
Soda (diet or regular)	Jell-O
Italian Ice	Popsicles
Juices (apple, white cranberry, white grape)	