

## Flexible Sigmoidoscopy Prep

**\*\*Unless otherwise instructed by your physician**

### 1DAY BEFORE YOUR PROCEDURE

You may eat a regular breakfast, lunch, and dinner (if eaten before 6:00 pm).

At 7:00 pm drink 1/2 of the prep that was sent to your pharmacy.

(You do not need a prescription for this).

Clear liquids only from 6:00 pm until midnight if your appointment is in the morning. For afternoon appointments, you may have clear liquids until 8:30 am the day of your procedure. Do not eat or drink anything after this time.

**Clear liquids include:**

- Black Coffee
- Iced or hot tea
- Colas
- Popsicles
- Bouillon
- Broth
- Gatorade
- Crystal Light
- Apple Juice
- White Grape Juice

**Do not drink any red or purple liquids.**



### THE DAY OF YOUR PROCEDURE

Use (1) Fleet enema 2 hours before your appointment. (You do not need a prescription for this.) Follow instructions on Fleet enema package.

**\*\*If sedation is required, you MUST bring a driver**

**Please call us at 901-747-3630 if you have any questions or if you are having difficulty with the preparation. We are available 24 hours a day, 7 days a week.**