

## PREP FOR FLEXIBLE SIGMOIDOSCOPY

### DAY BEFORE PROCEDURE:

1 **NO SOLID FOODS ALL DAY.**

2. **CLEAR LIQUID DIET ALL DAY.** Examples: Black coffee, tea, apple juice, white grape juice, soft drinks, Gatorade, Tang, bouillon (chicken, beef or vegetable), plain Jell-O, Popsicles, and hard candy. **NO RED DRINKS, RED JELL-O, OR RED JUICES. NO MILK OR MILK PRODUCTS.**

3. At 2:00 p.m. TAKE TWO (2) **Dulcolax tablets.**

4. At 7:00p.m. take one (1) 10 ounce bottle of **Citrate of Magnesia.**

### DAY OF PROCEDURE:

1. You may have Clear Liquids for breakfast and lunch.

2. Take a Fleets Enemas 1 ½ hours before procedure until there is no solid return.

3. SPECIAL INSTRUCTIONS FOR ROUTINE MEDICATIONS:

Heart Medicines	Take normally
Blood Pressure Medicine	Take normally
Insulin	_____
Blood thinner	Take normally
Aspirin or aspirin like products	Take normally
Advil, Motrin, Ibuprofen, Naprysn, Goodies, BC's et.	Take normally
Iron Preparations	Stop 5 days before procedure
Vitamin E	Take normally
Oral Diabetic Medicines	Hold morning of procedure
Other	_____

4. **REPORT** to: 2675 North Decatur Road,  
**Professional Building – Suite 506**  
or  
**5900 Hillandale Drive, Suite 330, Lithonia**

Scheduled time \_\_\_\_\_ Day \_\_\_\_\_ Date \_\_\_\_\_

5. If you have any further questions or need to reschedule, please call the office at **(404) 299-1679** as soon as possible. Ask to speak to \_\_\_\_\_