Flexible Sigmoidoscopy Bowel Preparation Instructions

**IMPORTANT- Please read these instructions at least 5 days before your flexible sigmoidoscopy**

**Five (5) Days Before Your Exam**
- Purchase 2 Fleet saline enemas and Milk of Magnesia.
- Complete the “Medication and Medical History Form”.
- Review “Patient Consent to Procedure”. You do not need to sign the sample form.

**Two (2) Days Before Your Exam**
- Take 4 tablespoons of Milk of Magnesia at bedtime.

**One (1) Day Before Your Exam**
- **Have a clear liquid diet only for supper.** You may not have any solids after supper. A clear liquid diet includes any liquids you can see through, such as water, tea, black coffee, clear broth, apple juice, Gatorade, white grape juice, soda, Jell-O. Do not drink milk or other dairy products.
- If you have diabetes, make appropriate adjustments in your insulin or other diabetic medications as recommended by your primary care doctor.

**Day of Your Exam**
- Two hours before you leave home, take the first Fleet Saline enema.
- 1/2 hour later, take the second enema.
- **Take all of your usual medicines including medicines for high blood pressure** with a small amount of water.
- Do not eat any food before your exam! You can continue to drink clear liquids until 2 hours before your procedure. Do not chew gum or hard candy within 2 hours of your procedure.
- If you take insulin, we recommend that you take ½ your usual dose. We will check your blood sugar prior to the procedure.
- **STOP CLEAR LIQUIDS 2 HOURS BEFORE YOUR PROCEDURE** (except for small amounts of water with medications).

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