

## Sigmoidoscopy Instructions

You are scheduled for a sigmoidoscopy. Sigmoidoscopy's or "flex sigs" is a medical procedure that examines the lower part of your colon or rectum. It can also be used to diagnose medical conditions including diarrhea, constipation, abdominal pain, hemorrhoids, bleeding or polyps. If you have any additional questions regarding why you are scheduled for a sigmoidoscopy, please reach out to the provider that requested your procedure.

### Preparing for your procedure

You will need to pick up:

- 1 small box of 5 mg Dulcolax laxative tablets. These are available over the counter.
- 2 bottles of Fleet Enemas

### Day before your procedure

- You will need to follow a clear liquid diet the entire day prior to your procedure.
- No solid food is allowed. We recommend drinking something from the below list of clear liquids to make you feel less hungry, and make the prep easier for you.
- Do not consume any beverages that are red or use red dye.

Examples of acceptable clear liquids:

- Soups such as clear bouillon, chicken broth, vegetable broth, beef broth or consommé.
- Beverages such as tea, coffee (no dairy cream/milk), crystal light, carbonated beverages such as soda water, electrolyte beverages such as Gatorade.
  - You may add sugar and artificial sweetener to your coffee or tea.
- Juices such as apple, white grape, or white cranberry juice.
  - Orange juice and grapefruit juice are **not** clear liquids and should be avoided.
- Sweet treats such as Italian ices, popsicles without milk, or Jell-O.

### Around 4:00 pm the day before your procedure

- Take 4 of the 5mg Dulcolax tablets
- Continue drinking clear liquids if you wish

### Day of your procedure

- Take your normal prescription medications with a small amount of water at least 2 hours prior to arriving.
- Give yourself the 2 Fleet Enemas at home about 1 hour prior to arriving at the hospital.
  - Give yourself one, wait for it to work, and then use the second 1.
- You may have clear liquids up to 3 hours before your arrival time.
- Do not chew gum or candy after midnight.