

## **Medicated Sigmoidoscopy Prep**

Date of Procedure: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

**ONE DAY BEFORE PROCEDURE:** Normal diet until midnight. After midnight, clear liquids only such as broth or bouillon, Jell-O, popsicles and Gatorade (NO red or purple), tea, coffee, clear soft drinks and water. NO SOLID FOOD OR MILK PRODUCTS.

### **DAY OF PROCEDURE:**



- You may have clear liquids, gum, hard candy and tobacco products up to 3 hours before your procedure.
- Use one Fleet enema (directions are on the box) two (2) hours before you plan on leaving home. Use a second Fleet enema one (1) hour before leaving home.
- If you are traveling a long distance, begin the enemas sooner than 2 hours and one hour before leaving home.

\*\*IF YOU TAKE BLOOD PRESSURE MEDICATIONS, YOU MAY TAKE THEM 3 HOURS PRIOR TO YOUR PROCEDURE TIME.

\*\*IF YOU ARE A DIABETIC, DO NOT TAKE YOUR MEDICATIONS BUT PLEASE BRING THEM WITH YOU.

\*\*DO NOT TAKE HEPARIN OR LOVENOX ON THE DAY OF PROCEDURE.