



INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY

YOUR PROCEDURE IS SCHEDULED FOR:

Date of Procedure: _____

Arrival Time: _____

Provider: _____

Facility Name/Address: _____

Phone: _____

Missed appointments or appointments that are cancelled without a 72 hour notice, may be subject to a fee.

PLEASE REVIEW THE INSTRUCTIONS AT LEAST 7 DAYS PRIOR TO THE PROCEDURE.

USE THESE PREPARATION INSTRUCTIONS. DO NOT USE ANY OTHER INSTRUCTIONS.



IT IS IMPORTANT THAT YOU FOLLOW THESE DIRECTIONS CAREFULLY AND COMPLETE THE ENTIRE PREPARATION TO ENSURE THE MOST EFFECTIVE CLEANSING.

- If you are taking blood thinners, insulin or oral medications for diabetes, please let our office know and call the prescribing physician for special dosing instructions.
- Please make sure that you have a responsible adult with you upon arrival at the facility. This adult must stay at the facility during the procedure and drive you home afterwards. You will be unable to drive due to the sedation you will receive. You may not take a Lyft, Uber or other public transportation to or from the facility.

YOU WILL NEED TO PURCHASE THESE ITEMS AHEAD OF TIME:

- One bottle of Miralax (8.3oz/238 grams)
- 1 Fleet Enema

1 DAY PRIOR TO PROCEDURE

- Starting at 5pm, you may have clear liquids only
 - Examples include: water, black coffee (sugar is ok), tea, broth, soda, apple juice, Gatorade, Kool-Aid, Jell-O and popsicles
- DO NOT CONSUME ANY DAIRY PRODUCTS OR ANYTHING THAT IS RED, ORANGE, PURPLE OR BLUE
- It is important to drink additional clear liquids before starting and your prep, as well as during, to maintain adequate hydration

BEGINNING THE PREP

Step 1:

- Starting at 6pm, combine 4 capfuls of Miralax in 32oz of Gatorade or clear liquid – mix well
- Drink 8oz every 15 minutes until gone

Step 2:

- Continue drinking clear liquids throughout the evening

It is essential to drink the amount of liquid instructed. If you experience nausea, bloating or cramping, pause or slow the rate of drinking the additional water until symptoms diminish.

THE DAY OF THE PROCEDURE

Step 3:

- You may not have anything to eat or drink after midnight

Step 4:

- 2 hours prior to arrival, give yourself one Fleet enema per instructions on package