

Flexible Sigmoidoscopy Bowel Preparation

- Drink only clear liquids for breakfast and lunch on the day of your procedure
- Solid foods, milk or milk products are **NOT** allowed.

Suggestions for Clear Liquids

Anything that you can hold up to the light and see through
NOTHING RED OR PURPLE

- Water
- Coffee – without milk, non-dairy creamer or cream
- Tea – without milk, non-dairy creamer or cream
- Carbonated beverages (such as coke, diet coke, ginger ale, sprite etc.)
- Gatorade®
- Kool-aid®
- Strained fruit juices (no pulp), apple, lemonade etc.
- Clear broth (chicken, beef etc.)
- Clear flavored Jello®
- Popsicles or water ice
- Clear hard candy, sugar, honey and lemon are o.k.

Purchase three (3) Fleet’s enemas (green and white box) at the pharmacy. Use the first (according to instructions on the box) two (2) hours prior to your procedure time. Please take into account your travel time. Do the second enema 30 minutes after the first. Use the third enema if you have not had a “GOOD” bowel movement from the first two.

- ⇒ Two (2) business days prior to your procedure you will receive a call with your arrival time
- ⇒ Questions about symptoms or medications call 484-356-1050 between **7:30 am- 3:30 pm (Nurse Line)**
- ⇒ General or reschedule questions call 610-431-3122

Patient: Print Name

Signature

Date