



**Digestive Specialists, Inc.**  
**Digestive Endoscopy Center, LLC**  
www.digestivespecialists.com

## Flexible Sigmoidoscopy Prep Instructions

*Please read these instructions thoroughly to ensure a successful preparation for your procedure.*

Date \_\_\_\_\_ Time of Arrival \_\_\_\_\_

- Sugarcreek Twp. 4340 Clys Road
- Dayton 1530 Needmore Road, Suite 100
- Huber Heights 5697 Shull Road, Suite 100
- Springboro 77 W. Eleanor Drive

### Flexible Sigmoidoscopy Prep

*Obtain from any  
pharmacy*

1. Two (2) Fleet enemas
2. Miralax 238 gm  
– 1 bottle

You are scheduled with Dr. \_\_\_\_\_

The Medical Assistant, \_\_\_\_\_ may be reached at \_\_\_\_\_.

After 5:00 PM or on weekends, call (937) 534-7330 to page your doctor.

## Important Information

- Take heart, blood pressure or seizure medications with a small amount of water up to 2 hours before your procedure.
- For 7 days prior to your procedure stop taking iron supplements.
- For 3 days prior to your procedure **avoid** all high fiber foods especially **fresh fruits, fresh vegetables, nuts and seeds** and drink plenty of fluids to hydrate yourself
- **Complete the entire preparation per the instructions on the back.** If you get nauseated or vomit when drinking the prep and you have not finished the entire amount:
  - Stop drinking any further prep or liquids for the next hour until nausea/vomiting has subsided then restart drinking it until finished.
  - If you still cannot finish the prep, please call us at the number listed above.
- **Bring a licensed driver. You will not be allowed to drive home.**
- **You may *not* take a cab alone.**
- **Do not smoke on the day of your procedure.**



On \_\_\_\_\_ (Day before your procedure)

- At **12:00 Noon** begin a clear liquid diet as instructed on the right. ⇨
- **Then do not eat any solid foods until after your procedure is completed**
- Drink as much clear liquid as you can all day in order to remain well hydrated.
- Mix one bottle of Miralax (238gm) in 2 quarts (64 oz) of Gatorade (not red or purple) to make your prep solution
- Between **6:00 PM- 8:00 PM** drink eight 8 oz glasses of the Miralax prep solution. Shake well before pouring



- Starting at **9:00 PM** you may drink as many clear liquids as you like up until 6 hours before your arrival time.

### Clear Liquids Diet

- **Gatorade is preferred**
- Clear fruit juices, white grape juice and apple juice
- Kool-Aid or PowerAde
- Clear soup, broth or bouillon
- Water
- Tea or coffee - **No cream**
- Hard candies
- Soda pop
- Jell-O or popsicles
- **Nothing red or purple**
- **Nothing alcoholic**

On \_\_\_\_\_ at \_\_\_\_\_ **AM / PM** (6 hours before your arrival time)

- **Do not drink any more clear liquids. Do not chew gum or eat hard candy.**



- At \_\_\_\_\_ **AM/PM** (2 hours before arrival time) use one Fleet enema.
- Use the second Fleet enema 30 minutes later.