

DIGESTIVE DISEASE PHYSICIANS, PC

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FLEXIBLE SIGMOIDOSCOPY INSTRUCTIONS

Date of Procedure: _____ Procedure Start Time: _____

Three Days Before Examination

NO seeds, nuts, beans, raw vegetables (including salads) or fiber supplements.

Day Before Examination

Drink clear liquids the entire day- **NO SOLID FOODS**

CLEAR LIQUIDS

- Water, clear juices such as apple or white grape
- Soda (No red, orange, purple or blue)
- Clear bouillon / clear broth
- Yellow or green Jello (No red, orange, purple or blue)
- Fruit flavored popsicles (No red, orange, purple or blue)
- Hard candies (No red, orange, purple or blue)
- Clear or lemon-lime Gatorade (No red, orange, purple or blue)
- Black coffee or tea (No creamers, dairy, non-dairy additives)
- No dairy products- **NO ALMOND OR SOY MILK**

At 6pm drink a 10 oz bottle of **MAGNESIUM CITRATE**. (You may purchase over the counter at any local pharmacy)

Drink at least three 8 oz glasses of clear liquids before retiring. You may have more than three glasses, if desired.

Day of Examination

Use one regular **Fleet Enema** one hour before test. (You may purchase over the counter at any local pharmacy)

Drink **CLEAR LIQUIDS ONLY** prior to test. **NO SOLID FOODS.**

Continue taking all regular medication(s) including your regular morning medication(s) the day of your examination.

IF YOU HAVE ANY QUESTIONS PLEASE CONTACT THE OFFICE AT (703) 751-5763.