

Flexible Sigmoidoscopy Preparation Instructions

Purchase from the pharmacy two bottles of Fleet® enema (133 ml).

The day before your procedure, you will be on a clear liquid diet. Restrict your intake to clear liquids only. There is no limit placed on the amount of clear liquids you are allowed to drink.

A clear liquid diet consists of:

- Water
- Black coffee
- Plain Tea
- Carbonated beverages
- Fruit juice (**NO** pulp, red or purple)
- Broth or boullion
- Italian Ice®, Popsicles® (**NO** red or purple)
- Jello® (**NO** red or purple)
- Hardy candy
- **Note: NO dairy products**

The day of your procedure, do the following steps:

- Two hours before your procedure use the 1st Fleet® enema (133ml)
- One hour before your procedure use the 2nd Fleet® enema (133ml)

The morning of your procedure, stay on clear liquids until 4 hours prior to your procedure.