



## Flexible Sigmoidoscopy Preparation Instructions

Purchase from the pharmacy one bottle of Magnesium Citrate (10 oz), one Fleet® Enema (133 ml) and one Dulcolax® tablet.

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 **night before** your procedure, do the following step:

- At 6:00 PM take one bottle of Magnesium Citrate (10 oz.).
- At 7:00 PM take one Dulcolax® tablet by mouth

The **morning of** your procedure, do the following step:

- Two hours prior to your procedure use the Fleet® Enema (133 ml).

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