

# Flexible Sigmoidoscopy Preparation Instructions

## 7 DAYS BEFORE YOUR COLONOSCOPY:

- Discontinue use of the following: Aspirin, Advil, Aleve, Motrin, Ibuprofen, Ecotrin, Nuprin, Indocin, Celebrex, Vitamin E, Multivitamin, Fish Oil (just pill, you can eat Fish), Nuts and Seeds.
- If you are taking blood thinners (Plavix or Coumadin) or diabetes medications, follow the doctor's specific instructions.
- Continue taking your blood pressure medication

## THE MORNING OF YOUR COLONOSCOPY:

- You may **not** have any **solid food**. Drink **ONLY clear liquids** all day. A clear liquid is any liquid that you can see through. The more liquids you consume, the better the cleansing.

### **Clear Liquid:**

- Gatorade, Pedialyte or Powerade  
Clear Broth or Bouillon
- Coffee or Tea (No Milk or Non-Dairy Creamer)
- Carbonated and Non-Carbonated Soft Drinks
- Kool-Aid or Other Fruit-Flavored Drinks  
Strained Fruit Juices (No pulp)
- Jell-O, Popsicles, Hard Candy

### **Not Clear Liquid:**

- *No red or purple items of any kind No alcohol*
- *No milk or non dairy creamers No noodles or vegetables in soup No juice with pulp*
- *No liquid you cannot see through*

- You **MUST STOP all liquids** 4 hours before your scheduled time. This includes not drinking water.
- One hour before your procedure, you must take **2 Fleets Enemas**<sup>®</sup> to clean the lower bowel.

## DAY OF YOUR COLONOSCOPY:

- **No medications** the morning of your procedure unless told otherwise by your doctor.
- **Do not forget you are on a clear liquid diet all morning** – and must discontinue all liquids 4 hours before your procedure.
- Bring your medication reconciliation sheet with you. If one was not provided, bring a list of medications you currently take, including the dosage of these drugs, and the last time you took them.
- Bring your insurance card, license and co-pay.
- All females under the age of 50 will be asked to provide a urine sample prior to the procedure.