



## **INSTRUCTIONS FOR PREPARING FOR YOUR FLEX SIGMOIDOSCOPY**

### **1. 2 days prior to your procedure**

- Obtain 2 Fleet enemas from your pharmacy
- NO corn, nuts, seeds or salads until after your procedure

### **2. On the day before your procedure**

- Please avoid any solid foods or milk products (starting 24 hours prior to procedure). You may have clear liquids including: juices (apple and white grape), broth, bouillon, black coffee, tea, sorbet, Kool-Aid, soda, popsicles, Gatorade, and or Jell-O (without fruit). NO alcohol. NO red, orange, or purple-colored liquids.

### **3. On the day of your procedure**

- Two hours prior to leaving your home: Give yourself the first enema, hold as long as possible, and expel it.
- Upon arrival at the hospital for check in: Give yourself the second enema, hold as long as possible and expel it.

**Check in to admitting at Adventist Medical Center (HOSPITAL ENTRANCE) by \_\_\_\_\_ AM/PM.**

Your procedure is scheduled on \_\_\_\_\_ to begin at \_\_\_\_\_ AM/PM.

**IF YOUR PROVIDER PLANS TO USE SEDATION for this procedure, you will need a driver and escort to go home approximately one hour after your procedure. Do not plan to drive or work for the rest of the day.**