

## FLEXIBLE SIGMOIDOSCOPY PREPARATION

DATE: \_\_\_\_\_ Time: \_\_\_\_\_

The night before your procedure (about 8pm) you will need to take 2 tbs. of Milk Of Magnesia and 1 tsp. of Mineral Oil.

Do not eat anything solid after midnight the night before your procedure. You may have clear liquids up until 6 hours prior to your appointment.

The day of your procedure you will need to take on Regular Fleet Enema 2 hours before your appointment and another Regular Fleet Enema 1 hour before your appointment.

CLEAR LIQUIDS INCLUDE: Apple juice, 7 UP, Clear Chicken Broth, Jell-O, and Gatorade

NO COFFEE, TEA OR ALCHOL