

## FLEX SIGMOIDOSCOPY INSTRUCTIONS

PATIENT'S  
NAME \_\_\_\_\_

DOCTOR \_\_\_\_\_

DATE \_\_\_\_\_ ARRIVAL TIME \_\_\_\_\_ TO \_\_\_\_\_

### DAY BEFORE YOUR FLEX SIGMOIDOSCOPY

1. Have only clear liquids the entire day before your exam. Solid foods, milk or milk products are not allowed.

CLEAR LIQUIDS INCLUDE THE FOLLOWING:

- \* WATER
- \* STRAINED FRUIT JUICES WITHOUT PULP (ORANGE, APPLE, LEMONADE)
- \* COFFEE OR TEA (WITHOUT NON-DAIRY CREAMER OR MILK)
- \* CLEAR CHICKEN OR BEEF BROTH
- \* CARBONATED AND NON-CARBONATED SOFT DRINKS
- \* ANY JUICES, JELLOS, OR POPSICLES **AS LONG AS THEY ARE NOT RED IN COLOR!!!**

Administer the FIRST Fleets enema at least 1 hour before bedtime.

Administer the SECOND Fleets enema at least 1 hour before leaving for your procedure.

# Flexible Sigmoidoscopy

You will need to buy all . over the counter products at your local pharmacy

## 2 Fleet **saline** enema



**4.5 Fl oz (133 ml)  
Fleet Enema**



**4.5 Fl oz (133 ml)  
Fleet Enema**



**This product is optional you may experience an irritation near or around the anal area. Use clear ointment only.**