



**valley**  
GASTROENTEROLOGY  
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## FLEXIBLE SIGMOIDOSCOPY

### Preparing for the procedure:

1. The day before your procedure, eat a light dinner until 6:00 pm. For the remainder of the evening, and the day of the flexible sigmoidoscopy, you should have only clear liquids. Clear liquids include any liquid that can be seen through when held up to the light. Examples include: broth, plain Jell-O, apple or cranberry juice, coffee, tea or clear soft drinks. You may add sugar or sweetener to your coffee or tea, but no cream or milk.
2. The evening before your exam, take two (2) **Dulcolax** 5mg tablets, which can be purchased without a prescription.
3. Purchase two (2) **Fleet enemas**, (4 oz., green & white box, ready to use), at any drugstore or supermarket (no prescription required). One (1) hour before leaving home for your appointment, administer the first **Fleet enema**. Try to retain it for a minimum of at least ten minutes and then expel. Administer the second **Fleet enema**. Again, retain for at least ten minutes. If the return is not clear of stool, fill the enema bottle with warm tap water and repeat the procedure until the return is clear.

**Important:** Do not administer the first Fleet enema any earlier than 2 hours before your appointment time. It is very important that you do not administer the enemas too early. Do not give yourself the enemas early in an attempt to get to your appointment early.

4. If you are taking any medication, you may take your medication as usual. Please avoid taking any iron supplements or fiber products for three (3) days prior to the exam.
5. Wear comfortable clothing to your appointment.
6. Please let us know if you have had a heart valve replaced or take an anticoagulation medication (blood thinners such as Coumadin or Plavix).

**After the procedure:** You may feel bloated for a short while, but this feeling will gradually go away. There are no sedatives required for the procedure. You will be able to safely resume normal activities including driving, after the exam.

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