



NORTHERN MICHIGAN

Flexible Sigmoidoscopy Preparation Instructions

Flexible Sigmoidoscopy Prep Instructions:
Milk of Magnesia & Fleets Enema

IMPORTANT - Please Read These Instructions at Least 1 Week Before Your Procedure.

A Pre-Endoscopy nurse will call you within 24-72 hours of your procedure for an important health history interview.

Key Instructions:

Your doctor has scheduled you for a flexible sigmoidoscopy. Follow all of the instructions in this handout **EXACTLY** as they are written. If you do not follow the directions, your procedure may be canceled.

- **Do NOT** eat solid food the ENTIRE day of your procedure.
- Buy your bowel preparation at least **5 days** before your procedure.
- A responsible family member or friend **MUST** drive you home from the procedure. You are **NOT ALLOWED** to drive or leave the Endoscopy Center **ALONE**. If you do not have a responsible driver (family member or friend) with you to take you home, your exam will need to be rescheduled.
- Please do not bring any jewelry or other valuable items to the endoscopy room for your procedure.

Medications:

Before your flexible sigmoidoscopy, some of the medicines you take may need to be stopped or adjusted temporarily, please check with your primary physician for instructions.

- You may take your regular pills with sips of water up to 3 hours before your procedure. **This includes pain pills.**
- **DO NOT TAKE IRON SUPPLEMENTS FOR 3 DAYS BEFORE YOUR PROCEDURE.**
- If you are diabetic, you will be given instructions about diabetic medications during the pre-endoscopy interview.

FIVE (5) Days Before Your Procedure You Need to Buy the Following (no prescription needed):

- Milk of Magnesia 60mL or 4 Tablespoons
- Two Fleets enemas

ONE (1) Day Before Your Procedure

- **Only drink clear liquids the ENTIRE DAY before your procedure.** The clear liquids you can drink include:
 - Water, apple, or white grape juice; clear broth (chicken or beef); coffee or tea (without milk or creamer); clear carbonated beverages such as ginger ale or 7-Up; Gatorade or other sports drinks (not red); Kool-Aid or other flavored drinks (not red), jello or other gelatins (not red); or popsicles (not red).
 - **Do NOT** drink alcohol on the day before or the day of the procedure.
 - You must **STOP** these liquids 4 hours prior to your procedure.
- **On the day before your procedure in the afternoon**, drink Milk of Magnesia 60mL or 4 Tablespoons

Day of Procedure

- **On the morning of the procedure**, give yourself two Fleets enemas at home.
- **Four hours prior to your procedure**, STOP your clear liquids.

If you need to reschedule, cancel, or have any questions about your procedure please contact the Endoscopy Nurse Navigator at 231-487-4398 or 231-487-5736 before 4 pm.