

FLEXIBLE SIGMOIDOSCOPY

Prep Instructions - Split

DATE _____ TIME _____

NEED TO PURCHASE:

- Two fleet enemas (in the green and white box)
- 4 Doses of Miralax (17g) (which is 4 cap-full or 4 single packets)
- 32oz of Gatorade (No Red or Purple)

GENERAL INSTRUCTIONS

- Please take your **BLOOD PRESSURE, HEART and LUNG** medications the morning of your procedure with a very small sip of water.

DAY BEFORE PROCEDURE:

Step 1: Light breakfast followed by a clear liquid diet. **NO RED DYE.**

Step 2: At 5:00 pm drink the mixture of Gatorade/Miralax. Remain close to restroom. Continue clear liquids until midnight.

DAY OF PROCEDURE:

Step 3: Two hours before your procedure, the enemas must be completed.

- Insert one enema and expel it
- Wait 15 minutes
- Insert second enema and expel it

******NOTHING TO EAT OR DRINK AFTER MIDNIGHT******

Please note you will be at the hospital or center for approximately 2 hours.

If you have questions, please call our patient line at (561) 964-8221.