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.