

Sigmoidoscopy Prep Instructions

Name _____ Procedure: Sigmoidoscopy
Appointment Date: _____ Time: _____

Please report to 1805 Honey Creek Commons, Conyers, GA 30013.

You will need a ride TO and FROM the Endoscopy Center. Driver must be 18 years of age or older and must be able to stay the entire duration of the procedure.

1 day BEFORE the procedure:

- No SOLID foods, drink ONLY clear liquids for all of your meals.
- Clear liquids allowed are water, bouillon, chicken broth, black coffee, Gatorade, Jell-O, Kool Aid, strained (pulp-free) fruit juices (NO SMOOTHIES) and clear carbonated drinks.
- For list above: No red or purple dye and no dairy products.
- Administer 1 fleet enema at _____.

On the MORNING OF the procedure:

- Administer 1 fleet enema at _____.
- **NOTHING BY MOUTH 4 HOURS BEFORE THE PROCEDURE.**