

## SIGMOIDOSCOPY (FLEX SIG) PREP INSTRUCTIONS

You will need to purchase the following Items at your Pharmacy or Grocery Store:

- **Miralax** (or generic form-polyethylene glycol 3350) 119-gram bottle
- **2 Fleet Enemas**

**Medications** – The procedure you are scheduled to have will require you to stop certain medications for a set period prior to your procedure. Please see page 2 for further instructions on Blood Thinning Medications.

**Diet** – The procedure you are scheduled to have will require you to follow a clear liquid diet. Please see page 3 for further instructions and a sample menu.

### Prep instructions

- **One day** prior to the procedure, on \_\_\_\_\_
  - Start a clear liquid diet.
  - **At 1:00pm**, mix the entire bottle of Miralax 119 gram with 32 ounces of clear liquid. Mix the solution until it is dissolved. Drink an 8-ounce glass every 10-15 minutes until the solution is finished.
  - You are to have no food or drink after midnight (NPO) the night prior to your sigmoidoscopy.
- **The day of** your procedure, on \_\_\_\_\_
  - Take 1 Fleet Enema **2 hours before** you plan on leaving home.
  - Take the second Fleet Enema **1 hour before** you plan on leaving home.

### On the day of the procedure

- Take all blood pressure, heart, or seizure medication with a sip of water.
- Do not take any diabetic medications unless otherwise instructed to do so by your physician.
- **Please arrange for transportation**, you will be sedated and **cannot drive** or go home alone. Please avoid taking a cab/pick up services unless accompanied by an adult.

**Questions** If you have any questions, please contact our office at 813-653-3359, Option 7

### Procedure Scheduling Information

Facility: \_\_\_\_\_ Phone #: \_\_\_\_\_

Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_