



## **FLEXIBLE SIGMOIDOSCOPY PREPARATION**

Your procedure is scheduled with Dr. \_\_\_\_\_ on:

**Day:** M T W TH F **Date:** \_\_\_\_\_ **Check in at:** \_\_\_\_\_ AM/PM  
Procedure time: \_\_\_\_\_ AM/PM

### **Purchase two fleet enemas and one bottle of MiraLAX**

These are available over the counter.

### **DAY BEFORE YOUR PROCEDURE:**

Breakfast – eat anything you like.

Lunch – eat a light meal.

Dinner – clear liquids

**6:30 PM – drink 2 capfuls of MiraLAX dissolved in 4-6 ounces of clear liquid.**

**DO NOT EAT ANYTHING AFTER 5PM.** Follow **clear liquid diet** instructions.

- Things you can drink: water, black coffee, tea, apple juice, white grape juice, soda, Jell- O, popsicles, broth, and Gatorade or other sport drinks.
- **DO NOT** drink milk or creamer of any kind.
- **DO NOT** drink anything colored red or purple.
- **DO NOT** drink alcohol.

### **DAY OF PROCEDURE:**

- **DO NOT** eat prior to procedure.
- **DO NOT** use chewing tobacco or smoke 6 hours prior to procedure.
- **DO NOT** chew gum, mints, etc. 2 hours prior to procedure time.

You may have clear liquids until 2 hours before your procedure time.

**2 hours prior to procedure** – Use one Fleet enema, following directions provided with it.

### **Important:**

**You are required to have a driver** take you home after the procedure. Arranged transportation will be verified at check in.

**Continue taking your prescribed medications**, unless you are on a blood thinner and have been told to hold these medications by our office.

*Please notify your doctor at least two weeks before the procedure if you take Warfarin (Coumadin), Plavix, Eliquis, Xarelto, Pradaxa, or other blood thinners.*

Please call our office during regular business hours with any questions. (775) 829-8855

**Procedure Location:  
5250 Kietzke Lane  
Reno, NV 89511**

\*Clear liquid diet, frequently asked questions, procedure tips and more can be found at

**[www.digestivehealthreno.com](http://www.digestivehealthreno.com)**