

PREPARATION FOR SIGMOIDOSCOPY

If you are taking medication such as Coumadin, Plavix, Mobic, Celebrex, Aspirin, Motrin, Advil, Excedrin, Aleve, Vitamin E, fish oil, Glucosamine, or Iron need to be stopped 7 days prior to your procedure. It is ok to continue to take Tylenol, Codeine and Vicodin

DAY BEFORE THE EXAMINATION

1. Eat small, light meals only.
2. At 7:00 p.m. take 3 DULCOLAX LAXATIVE Tablets (OTC)



3. Stay on clear liquids after the 7:00 p.m. dose.

“Clear liquids” include:

- *strained fruit juices without pulp (apple, white grape, lemonade)
- *water
- *clear broth or bouillon
- *coffee or tea (without milk or non-dairy creamer)

The following are allowed as long as they are not red or purple in color:

(this can give a positive reading of blood during the exam)

- *Gatorade
- *carbonated and non-carbonated soft drinks
- *Kool-aid (or other fruit flavored drinks)
- *Plain Jell-O (without added fruits or toppings)
- *Ice Popsicles

DAY OF EXAMINATION

1. You may have clear liquids up until the time you give yourself the fleet enema.
2. **Do one Fleet Enema, 1 (one) hour before leaving your house.** Try to hold the Enema for at least 10-15 minutes, if possible. It is easiest to do this while in a lying down position.

DO NOT DRINK ANY FLUIDS 3 HOURS PRIOR TO PROCEDURE.