



810 Valley View Blvd. Altoona, PA 16602 (814) 946-5469

## **Fiberoptic Sigmoidoscopy AM Prep**

You will need to purchase two Fleets Enemas (green box) at your local pharmacy, grocery or department store. You will be given 3 Dulcolax tablets.

### **One Day Before Your Exam 5:00pm**

You will be on a clear liquid supper the evening before the test. You may have any of the clear liquids below that are not colored red or purple. **NO ALCOHOLIC BEVERAGES OF ANY KIND DURING THIS PREP. NO SOLID FOODS OR DAIRY PRODUCTS ARE ALLOWED DURING THIS PREP.**

7 UP	Juice from canned fruits	
Gatorade		
Gingerale	Jello	Italian Ice
Coke	Soup Broths	Clear Grape Juice
Coffee with sugar - NO cream	Water	Cranberry Juice
Tea with sugar – NO Cream	Popsicles	Apple Juice

With your clear liquid supper take three Dulcolax tablets.

Nothing to eat or drink after midnight the night before the test.

### **The Morning of Your Exam**

**Abstain from smoking prior to anesthesia on the day of the procedure. This includes cigarettes, pipes, cigars, e-cigarettes and other substances. Smoking can cause complications during or after the procedure. Failure to comply may result in the cancellation of your procedure.**

Two hours prior to the exam use the first Fleet's Enema.

One hour prior to the exam use the second Fleet's Enema.

Report for your test at the scheduled time.

If you have any questions regarding the exam or prep please give our office a call.