



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

## **Fiberoptic Sigmoidoscopy PM 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 the Exam**

You may have a regular supper the evening before the test. With your supper meal take three Dulcolax tablets. You will now start your clear liquid diet. (List as follows)

#### **Clear Liquids**

7 UP	Juice from canned fruits	
Gatorade	Popsicles	Apple Juice
Ginger ale	Jell-O	Italian Ice
Coke	Soup Broths	Clear Grape Juice
Coffee with sugar - NO cream	Water	
Cranberry Juice	Tea with sugar - NO Cream	

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.

### **The Day of the 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.

Please report for your test at the scheduled time.

You can continue on your clear liquids until 6 hours prior to the exam.

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

Disclaimer: This document contains information and/or instructional materials developed by Blair Gastroenterology Associates for the typical patient with your condition. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition, or your treatment plan.