



Athens Digestive Healthcare Associates

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FLEXIBLE SIGMOIDOSCOPY INSTRUCTIONS

You **MUST** have a driver accompany you to your procedure, **STAY ON THE PREMISES** during your procedure and escort you home safely. **NO UBER, NO LYFT, NO TAXI, NO DROP OFF. IF SO, YOU WILL NOT HAVE YOUR PROCEDURE AND WILL NEED TO RESCHEDULE.**

Day Before Procedure _____
(date)

- 1. CLEAR LIQUID DIET ALL DAY.** You may have black coffee, tea, apple juice, white grape juice, soft drinks, Gatorade, broth (chicken/beef/vegetable), Jell-O, popsicles, hard candy.
- 2. NO SOLID FOODS, NOTHING RED OR PURPLE IN COLOR, NO MILK OR MILK PRODUCTS, NO ALCOHOL.**
- 3. At 2:00 pm, take two (2) Dulcolax tablets (over the counter)**
- 4. At 7:00 pm, take one (1) 10-oz bottle of Citrate of Magnesia (over the counter)**
- 5. Take Fleet enema before bedtime if stools are not clear.**

****NOTHING TO EAT OR DRINK AFTER 12 MIDNIGHT****

Day Of Procedure _____
(date)

- 1. IF afternoon procedure (12:45-4:00 pm) AND stools are not clear, take Fleet enema in the morning.**
- 2. IF afternoon procedure (12:45-4:00 pm) you may have clear liquids **ONLY** before 7am.**

You may take your medications with only a SIP OF WATER, enough to swallow your pill. **DO NOT TAKE ANY BLOOD THINNERS, ACID REFLUX (IF YOU ARE ALSO HAVING AN EGD) OR DIABETIC MEDICATIONS!** We will check your sugar levels and will give you something if your level is too low. **DO NOT** drink any juices or anything sweet that may elevate your sugar.

Report To _____

Date _____

Time _____