

# Perimeter North Family Medicine

## PATIENT INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY PROCEDURE

Patient Name: \_\_\_\_\_

Date and Time of Procedure: \_\_\_\_\_

Physician: \_\_\_\_\_

1. The day before the procedure have a light lunch and then stay on clear liquids.
2. On the night before the procedure have a clear liquid dinner. It may include broth, apple juice and jello. Avoid red liquids, red jello and milk products.
3. The night before the procedure, please take four (4) Dulcolax tablets at 8:00pm and one (1) Fleet enema before bedtime.
4. Have only a clear liquid breakfast on the morning of the procedure.
5. Do not eat anything after breakfast.
6. You should be sure to take any prescribed medications as usual.
7. On the morning of the procedure, take one (1) Fleet enema.
8. Repeat the Fleet enema as necessary until a clear return is obtained.

This preparation is very important and will ensure an accurate examination of the colon by the doctor. Without proper preparation, the exam may need to be repeated. It is very important that you inform us if you are unable to keep your appointment, as this time has been specifically set-aside for you. We ask for 48-hour notification if you are unable to keep this appointment.

Thank you.