

REMINDER

Nothing to
drink 6 hours
prior to your
procedure
time.

TWO DAY FLEXIBLE SIGMOIDOSCOPY PREPARATION

ITEMS TO PURCHASE PRIOR TO PROCEDURE (OVER THE COUNTER/ NO PRESCRIPTION IS REQUIRED)

- One 10 oz. Bottle of Manesium Citrate
- Two Fleet Enema Kits

7 DAYS PRIOR TO PROCEDURE:

- **PLEASE DISCONTINUE** all blood thinning and anti-inflammatory medications. This includes, but not limited to, Coumadin and Plavix. Also discontinue and NSAIDs (nonsteroidal anti-inflammatory drugs) such as, but not limited to, aspirin, aspirin type products, Ibuprofen, Aleve, Advil, etc. ****TYLENOL MAY BE TAKEN****
PLEASE DISCONTINUE **all semaglutides such as, but not limited to, Ozempic, Rybelsus, Wegovy, Trulicity, Victoza, Saxenda, Byetta, Bydureon, Mounjaro**
- If your doctor has prescribed any of the medications listed above please consult with your doctor before discontinuing.
- If you are diabetic, check with your primary care doctor regarding diet and medication instructions.

1 DAY PRIOR TO PROCEDURE:

SUN MON TUES WED THURS FRI SAT

- You may have a light lunch
- After lunch you need to be on a **clear liquid diet (SEE BACK PAGE FOR SPECIFIC DETAILS)**
- At **6pm**, drink bottle of Magnesium Citrate
- **Nothing to eat or drink after midnight the night prior to your procedure**

DAY OF PROCEDURE:

SUN MON TUES WED THURS FRI SAT

(MUST BE COMPLETED RECTALLY)

- Use your first Fleet Enema Kit 3 hours before your procedure
- **30 minutes after first enema**, use the second Fleet Enema Kit

CLEAR LIQUID DIET

Beverages:

Coffee (no cream)
Tea
7UP / Sprite/ Ginger Ale
Apple Juice/ White grape juice
Lemon-Lime Gatorade / Crystal Light
Lemonade

Soups:

Bouillon
Fat Free chicken broth
Clear broth

Sweets & Desserts:

Honey
Sugar
Green/Yellow/ White Popsicles
Butterscotch Candy
Hard Candy (Green, Yellow, or Clear)
Jolly Ranchers (Green, Yellow, or Clear)
Jell-o (Plain, Lemon Lime, or Pineapple (no chunks))

NO CHEWING TOBACCO

**NO RED, PURPLE, OR BLUE DYES
NO SOLID FOODS
CLEAR LIQUIDS ONLY**

No Dairy Products

Deviating from this diet will prevent adequate preparation of the colon for the exam and can result in needing to repeat the procedure at a later date.