

# **\*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 THE PROCEDURE:**

1. **PLEASE DISCONTINUE** all blood thinning medications. This includes, but not limited to, Coumadin & Plavix **\*\*TYLENOL MAY BE TAKEN\*\***  
**PLEASE DISCONTINUE** Iron Supplements  
**PLEASE DISCONTINUE** all semaglutides such as, but not limited to, Ozempic, Rybelsus, Wegovy, Trulicity, Victoza, Saxenda, Byetta, Bydureon, Mounjaro
2. If your doctor has prescribed any of the medications listed above, please consult with your doctor before discontinuing.
3. 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

**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.**