

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. If you are taking **blood-thinning medications** (i.e., Coumadin or Plavix), please continue them until you are given instructions from our office regarding when to stop. ****TYLENOL MAY BE TAKEN****
PLEASE DISCONTINUE Iron Supplements
PLEASE DISCONTINUE all GLP-1 medications including but not limited to semaglutides, Mounjaro, Ozempic, Wegovy, Rybelsus, tirzepatides, Mounjaro, Zepbound, Byetta, Bydureon, Victoza, Saxenda, Trulicity
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.