**SIGMOIDOSCOPY**

**PREPARATION**: Purchase 2 FLEET Enemas over the counter at any pharmacy.

**ON THE DAY BEFORE THE TEST**: Follow a clear liquid diet for dinner and the remainder of the evening (examples of clear liquid diet is listed below).

**DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.**

**ON THE MORNING OF THE PROCEDURE:** Use 2 FLEET Enemas before going to the hospital. If your procedure is scheduled for early in the morning you may use one fleet enema the night before bed time and one in morning the day of the procedure before going to the hospital.

IF YOU ARE TAKING ANY PRESCRIPTION MEDICATIONS, PLEASE BRING A LIST WITH YOU.

KINDLY GIVE 72 HOURS NOTICE IF YOU NEED TO CANCEL YOUR APPOINTMENT SO THAT WE MAY OFFER IT TO ANOTHER PATIENT.

**Clear Liquid Diet**

**DO NOT EAT OR DRINK ANYTHING RED OR PURPLE**

**Do NOT drink any alcoholic beverages**

**ALLOWED LIQUIDS:**

**BEVERAGES:**

* Water, tea or coffee (NO milk or nondairy creamer)
* Sweeteners are ok in the coffee
* Soft drinks (7UP, cola, ginger ale, orange, Sprite, ect.)
* Gatorade, Kool aide, Lemonade- with no pulp
* Strained fruit juices without pulp (apple, white grape, orange, white cranberry, etc.)

**SOUPS:**

• Low sodium chicken or beef bouillon/broth

**MISCELLANEOUS:**

• Hard candies

• Jell-O (lemon, lime or orange); no fruit or toppings

• Popsicles or Italian ice

**INSTRUCTIONS FOR DIABETIC PATIENTS PRIOR TO COLONOSCOPY**

CLEAR LIQUID DIET MAY INCLUDE BEVERAGES WITH SUGAR

*YOU WILL NOT BE TAKING YOUR DIABETIC MEDICATION (NO INSULIN, METFORMEN AND/OR ANY OTHER DIABETIC MEDS. YOU WILL NOT BE EATING SO YOU DON'T WANT TO LOWER YOUR SUGAR LEVEL.*

*THE DAY OF YOUR PROCEDURE TAKE DIABETIC MEDICATIONS WITH YOU TO THE HOSPITAL SO YOU CAN TAKE THEM AFTER THE PROCEDURE.*

*ADVISE THE NURSES AT THE HOSPITAL SO THEY CAN ORDER A TRAY FOR YOU OR, IF YOU ARE GOING TO EAT WHEN YOU GET HOME, TAKE YOUR DIABETIC MEDS AT THAT TIME.*

*CONSULT WITH YOUR ENDOCRINOLOGIST TO MAKE SURE THERE IS NOTHING THEY WOULD WANT TO DO DIFFERENTLY.*