



TEXAS MODERN
GASTROENTEROLOGY

Flexible Sigmoidoscopy Preparation Instructions

TWO DAYS BEFORE YOUR PROCEDURE:

- You will need to obtain two Fleet enemas, which may be purchased at any pharmacy (or you can ask your physician to prescribe it for you)
- Please also purchase Miralax. You will need two doses in preparation for the procedure.

ONE DAY BEFORE YOUR PROCEDURE:

- Please start a clear liquid diet for breakfast, lunch and dinner. This includes water, black coffee, black, tea, clear juices (no orange or pulp containing juices), clear broth, clear bouillon and carbonated beverages. You may also have clear Jell-O (no fruit, cream, or other additives). Do not use any milk, cream or pulp juices.
- At 5:00 PM before the procedure, you will need to take one dosage of Miralax.

ON THE DAY OF THE PROCEDURE;

- Take one more dose of Miralax **4 hours** prior to your scheduled procedure time. You **MUST** stop drinking and eating ALL foods 4 hours prior to your procedure.
- Please do not use any tobacco products, gum or hard candy on the day of the procedure.
- **2 hours** prior to your procedure time, give yourself both Fleet Enemas.