

Sigmoidoscopy Instructions

Date: _____ Arrival Time: _____

Before the procedure buy:

Two (2) Fleet enemas

1 Day before

6 pm



Follow the instructions on the enema box and take the first Fleet enema at 6 pm.

No solid food after midnight. Clear liquids only.

**4 hours before
arrival time**



Take one (1) Fleet enema 4 hours before your arrival time.

Do not drink any liquids 4 hours before your arrival time. Do not chew gum or suck on any hard candy. This is important to make sure that your stomach is empty prior to the sedation medication.

What is a Clear Liquid?

Any liquid you can see through. Please no Red, Blue, or Purple. Examples include:

- Chicken, beef, or vegetable broth (or bouillon cubes)
- Coconut water (not milk), Crystal light, sparkling water, sports drinks
- Jell-O, popsicles (without fruit or nuts), Italian ice
- Apple, white cranberry, or white grape juice
- Ginger-Ale, 7-UP, Sierra Mist
- Tea or coffee WITHOUT milk/cream
- Pedialyte
- Ensure (Clear apple flavor only)

*Although alcohol is a clear liquid, it can cause dehydration. You should NOT drink alcohol when preparing for your procedure.

Note: *If you have questions regarding your procedure, please call after 7 am and our staff can assist you.

Phone: 207-535-1142