



## **FLEX SIGMOIDOSCOPY**

**\*SEVEN DAYS (7) PRIOR TO YOUR TEST:** You should stop all medications containing **IRON**.  
**STOP ON \_\_\_\_\_**

Do not eat any seed like material (eg popcorn, sunflower seeds etc) for 7 days before your procedure.

**ONE DAY BEFORE YOUR EXAMINATION ON \_\_\_\_\_:**

**ALLDAY:** Clear Liquids-**NO** Solid Foods. You may only have the following: Chicken broth, beef broth, yellow or green Jell-O, clear grape juice, non-pulpy apple juice, black coffee, tea, yellow or green popsicles, sprite and ginger ale. **DO NOT** ingest any liquids that are **RED** in color. **NO** milk, creamers, or dairy products. If you are a smoker, **please refrain from smoking** the day of your procedure includes (*e-cigarettes, cigars, pipe, cigarettes, and marijuana*).

**4:00PM:** Drink 10 ounces of Magnesium Citrate (Clear). Immediately follow with, at least, 10 ounces of clear liquids.

**8:00PM:** Take 4 Dulcolax Laxative Tablets. Immediately follow with, at least, 10 ounces of clear liquids.

### **NOTHING TO EAT OR DRINK AFTER MIDNIGHT.**

**No chewing gum, breath mints, tobacco, or alcohol products of any kind.**

\*You **MUST** bring a patient representative (**age 18 or older**); he/she **MUST** remain at the facility during the procedure and drive you home. Your representative must be able to make medical decisions regarding your care, if needed. Since you will be sedated, you will be groggy after the procedure and care instructions/procedure results will be given to your representative.\*