

**FLEXIBLE SIGMOSCOPY PREPARATION**

The following are the instructions that you will need to follow prior to your flexible sigmoidoscopy. Please try to follow them as closely as possible to ensure a successful procedure. It is possible that you may feel abdominal cramping, rectal discomfort, some rectal bleeding, tiredness, and headaches during the preparation. **Failure to take this preparation as indicated below may result in a poorly cleansed colon and possible cancellation of the procedure.**

At least 5 days ahead, stop the following medications. You may take Tylenol if it is necessary.

- NSAIDS: Aspirin, Advil/ Ibuprofen/Motrin, Aleve/Anaprox/Naproxen/Naprelan, Celebrex.
  - Blood thinners: Coumadin/Warfarin, Heparin, Plavix/Clopidogrel, Ticlid/Ticlopidine, Lovenox/Enoxaparin.
  - Any iron or multi-vitamins (with iron) products.
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**Please obtain the following at any drug store from the laxative section:**

- 1 magnesium citrate
  - 2 fleet enemas
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**ONE DAY prior to the procedure:**

- Full liquid diet (see attached for list of examples) until noon, then clear liquid diet for the rest of the day.
- Take the magnesium citrate @ 5:00 pm.
- Administer 1 Fleet Enema @ 9:00 pm.
- Please avoid dairy products and anything red or purple.
- Do not eat or drink anything after midnight!!!!

**DAY OF your procedure:**

- Administer **1 Fleet Enema two (2) hours prior** to the procedure.
- Remember to drink plenty of fluids the day prior to your procedure!

**RESULTS:**

The medical assistant will notify you in the mail regarding your biopsy result (if taken) within 10 business days.

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**We appreciate your efforts in helping us to help you.  
All of us at Digestive Associates of Houston, P.A. thank you and wish you well.**

**DIGESTIVE ASSOCIATES OF HOUSTON, PA**

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**Examples for foods that may be consumed in a FULL LIQUID DIET until noon:**

- Soups (strained, without noodles or rice)
- Ice cream (without fruit pieces)
- Sorbet
- Frozen yoghurt
- Pudding
- Custard
- Apple Sauce
- Juices (any kind – NO PULP!)
- Milk shakes
- Ensure®, Glucerna®, SlimFast®, ...
- Smoothies (without fruit pieces)
- Jell-O → No red or purple!!
- Yoghurt (plain, without the fruit)
- Bouillon
- Cream of chicken, broccoli, ... (STRAIN to remove solid particles)
- Coffee

**Examples for a CLEAR LIQUID DIET (from noon until midnight):**

- Popsicles
- Jell-O (not red or purple)
- Apple Juice
- White Grape Juice
- White Cranberry Juice
- Broth
- Sodas (any, except red!)
- Bouillon
- Coffee without cream (sugar is OK)
- **NO ALCOHOL!!**