

MAIN GASTROENTEROLOGY, P.C.

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**SIGMOIDOSCOPY PREPARATION / FFS**

BEFORE YOU BEGIN THE PREPARATION, PURCHASE 2 FLEET ENEMAS OVER-THE-COUNTER AT YOUR PHARMACY.

**ON THE DAY BEFORE THE TEST:**

THE NIGHT BEFORE THE PROCEDURE YOU MUST FOLLOW A CLEAR LIQUID DIET FOR SUPPER AND THE REMAINDER OF THE EVENING. A CLEAR LIQUID DIET INCLUDES WATER, COFFEE, TEA, BOUILLON, CLEAR BROTH, APPLE JUICE, GRAPE JUICE, CRANBERRY JUICE OR JELLO (AVOID RED COLORED JELLO).

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 1 FLEET ENEMA IN THE EVENING BEFORE GOING TO BED AND 1 FLEET ENEMA IN THE MORNING 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.

NAME:

DATE:

HOSPITAL:

PLEASE REPORT TO ADMISSION AT \_\_\_\_\_ A.M. AND THEN TO THE GI UNIT FOR YOUR SIGMOIDOSCOPY.