



4100 Park Forest Drive, Suite 208, Traverse City, MI 49684
Telephone (231)935-5710 Fax (231)935-9045

PREPARATION FOR FLEXIBLE SIGMOIDOSCOPY:

1. The day prior to your exam you may have breakfast, then begin a clear liquid diet after noon. Consume **nothing** containing red dyes (Kool-Aid, soda pop, or red Jell-O). Other flavors are acceptable, as well as decaffeinated tea, apple juice, bouillon and consommé.
2. In the afternoon on the day prior to the procedure, drink a bottle of Magnesium Citrate. This can be purchased at any pharmacy without a prescription.
3. The morning of the exam, give yourself a Fleet's enema at home. (This comes in a green and white package and can be purchased at any pharmacy without a prescription).

Taking the entire preparation minimizes the need to repeat the exam due to retained stool.

You may continue to take your prescribed medications during this preparation, with the following exception:

Do NOT take iron supplements within three days of the examination.

If you have questions or concerns regarding the preparation or procedure, please call **(231)935-5710** and discuss with one of our nurses. Office hours are Monday through Friday, 8:30 a.m. to 5:00 p.m.

Your procedure is scheduled for: _____

Please arrive at Munson Medical Center Registration by: _____

Your procedure is scheduled at the Copper Ridge Surgery Center, we will call two business days before your test with arrival time.

CLEAR LIQUID DIET

This diet includes low residue fluids that are easily absorbed with minimal digestive activity. This diet does not contain all essential nutrients and is recommended if clear liquids are temporarily needed. **No RED or PURPLE liquids** should be consumed. You can have any of these foods at any time up **until 4 hours** before your test.

*****4 hours before your test, you will need to refrain from everything including water**

This a list of food/liquids allowed. Please **choose only** items from this list.

water
flavored water
decaffeinated tea
carbonated beverages, such as Sprite, 7up, ginger ale (**avoid red, purple or dark sodas**)
fruit flavored drinks (**no red or purple colors**)
weak coffee
strained fruit juices (**no red or purple colors**)
apple juice
white grape juice
powdered lemonade
white cranberry juice
clear broth (chicken or beef)
bouillon cubes
Jello (**no red or purple colors**)
popsicles (**no red or purple colors**)
sugar
honey
syrup
clear hard candy (**no red or purple colors**)



Medications:

- You may take your pills with sips of water up to three hours before your test.

Coumadin and other Blood Thinners:

- If you take Coumadin (Warfarin), Ticlid, Plavix, Heparin, Aggrenox, Lovenox, Effient, or Persantine please ask the doctor who prescribed this medication for you when you should stop taking it.
- If you take Coumadin (Warfarin), or Plavix, you must see us in the office or speak with someone from our office at least seven days prior to your procedure.

Diabetics:

- Do not take your insulin if your test is before noon. Bring it with you.
- If your test is after noon, take one-half of your usual dose of long-acting insulin (NPH, Lente, Semi Lente). If you take 70/30 insulin take 1/3 of your normal dose.
- Do not take any regular or short-acting insulin.
- If you take pills for your diabetes, do not take them on the day of your test. Bring them with you.
- We would rather your sugar was running a little high than low.

If you have any questions or concerns regarding the preparation, please call and discuss them with our nurse. Office hours are Monday-Friday, 8:00a.m. to 5:00p.m. If you experience extreme pain or vomiting, please call the office immediately. Contact the Digestive Health Associates Gastroenterologist on call at 231-360-2884 if you experience these difficulties after hours.