

PREPERATION FOR A FLEX SIGMOIDOSCOPY

1. At 5:00 p.m. on the day before your examination, take 2(two) – 5mg Dulcolax pills.
2. Eat a low residue meal that evening and then stay on clear fluids only.
3. Rectal Fleet Enema will be administered to you at the hospital when you arrive.

Clear fluids include: water, ice, tea, coffee, carbonated beverages, clear bouillon, consommé broth, juices (such as apple, white grape, white cranberry). Do not drink milk of any kind.

You will be contacted by _____ to schedule a procedure date. **Please keep these instructions until then.**