

## **PREPERATION FOR A FLEX** **SIGMOIDOSCOPY**

1. At 5:00 p.m. on the day before your examination, take 2(two) – 5mg Dulcolax (Bisacodyl) 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.**