



Unsedated Flexible Sigmoidoscopy
Patient Preparation Instructions
(Safe for patients with a history of renal failure)

APPOINTMENT DATE: _____

ARRIVAL TIME: _____

Items to Purchase

- Your choice of one of the following drink solutions:
 - Physician preferred option: Orange or lemonade flavored Hydralyte drink mix with 32 ounces of water
(view hydralyte.com/where-to-buy for retailers)
 - Option 2: 32 ounces of pre-mixed Gatorade (NO red) or Gatorade powdered drink mix with 32 ounces of water (NO red)
 - Option 3: Crystal Light powdered drink mix with 32 ounces of water (NO red)
- One 119 gram bottle of Miralax powder
- One fleet enema

Reminders

- Please bring your insurance card(s) to the appointment.
- Contact our office at **(336) 448-2427 (option 6, then option 2)** if you have any questions about your prep or if there are any changes in your medical history between the day of scheduling and the appointment date.
- We require a notice of 2 business days if there is a need for change or cancellation of your procedure.

Medications

Take any necessary medications at least **4 hours prior** to your arrival time.

Diabetes: Contact the prescribing physician regarding instructions for diabetic medication the day before and the day of the procedure. **DO NOT TAKE oral** diabetic medication the day of the procedure.

Blood Pressure: **DO NOT SKIP** any doses of your blood pressure medication.

Inhalers and Nebulizers: May be used up to the time of your procedure.

You may remain on Aspirin unless otherwise instructed.

Day Before Procedure

- ✓ **4:00pm:** You may have **NO SOLID FOODS** after this point.
You may consume a clear liquid diet. Clear liquids may include water, soft drinks, coffee or tea without cream, popsicles, broth/bouillon, Jell-O, non-pulpy juice, etc. **DO NOT consume anything red in color OR dairy products.**
- ✓ **6:00pm – 7:00pm:** Mix the 119 grams of Miralax powder with the 32 ounces of drink solution until dissolved.
Consume the full amount.

Day of Procedure

- ✓ You may continue a clear liquid diet. Clear liquids may include water, soft drinks, coffee or tea without cream, popsicles, broth/bouillon, Jell-O, non-pulpy juice, etc. **DO NOT consume anything red in color OR dairy products.**
- ✓ **3 hours prior to arrival time:** Take a fleet enema by rectum. Try to hold the enema for 5 minutes.