

## FLEXIBLE SIGMOIDOSCOPY PREPARATION INSTRUCTIONS

### Procedure Preparation

#### 3 days prior to procedure

**\*\*If you have a history of chronic constipation**, please take 2 doses of Miralax (or its generic) three days prior to the procedure and then prep as instructed. A dose of Miralax is 17 grams diluted in 8 ounces of non-carbonated liquid.

Purchase 2 Sodium phosphate (Fleet or similar) enemas at any drug store prior to the procedure date. **Nothing to eat or drink after midnight before the procedure** except for prescriptions medications with a small sip of water three hours prior to your arrival time.

### Day of Procedure

**1 1/2 hours before your arrival time**, give yourself the first enema, following the instructions on the box.

**15 minutes after the first enema**, give yourself the second enema.

### What happens during the procedure?

A flexible sigmoidoscopy is a procedure used to visualize inside the sigmoid colon and rectum. Flexible sigmoidoscopy can detect inflamed tissue, abnormal growths, and ulcers. The procedure is used to look for early signs of cancer can help doctors diagnose unexplained changes in bowel habits abdominal pain, bleeding from the rectum. And weight loss. During a flexible sigmoidoscopy, patients lie on their left side on the examination table. The doctor inserts a long, flexible, lighted tube called a sigmoidoscope, or scope into the rectum and slowly guides it through the sigmoid colon. The entire procedure takes about 20 minutes.

In order for the doctor to carefully examine your bowel, you must cleanse your bowel of stool prior to the colonoscopy. You will need to purchase 3 bottles of Magnesium Citrate (avoid flavors that are red or purple colored) at your pharmacy for this prep. You do not need a prescription for Magnesium Citrate.