



Unsedated Flexible Sigmoidoscopy Patient Preparation Instructions

(Safe for patients with a history of renal failure)

Appointment Date: _____

Arrival Time: _____

Items to Purchase

- One 119-gram bottle of Miralax powder
- One fleet enema
- Your choice of one of the following clear fluids (No Red):
 - Option 1: Hydralyte drink mix with 32 ounces of water (view hydralyte.com/where-to-buy for retailers)
 - Option 2: 32 ounces of Gatorade or Powerade
 - Option 3: Crystal Light powdered drink mix with 32 ounces of water
 - Option 4: 32 ounces of Propel or Vitamin Water
 - Option 5: 32 ounces of Apple or White Grape Juice

Reminders About Your Appointment

- **Insurance Card(s):** Please bring these to your appointment to ensure we bill your insurance correctly.
- **Alcohol Consumption:** Do not consume any alcohol during the course of your procedure preparation.
- **Questions?** 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.

Reminders About Medications

If you are taking medication on a regular basis:

- Take all necessary medications at least 4 hours prior to your arrival time.
- **Diabetes:** Please contact the prescribing physician regarding instructions for injectable 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.
- **Aspirin:** 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

- ✓ Continue a clear liquid diet.
- ✓ **3 hours prior to arrival time:** Take a fleet enema by rectum. Try to hold the enema for 5 minutes.