



Sedated Flexible Sigmoidoscopy Patient Preparation Instructions

Items to Purchase

- One 119-gram bottle of Miralax powder
- One fleet enema
- Your choice of one of the following clear fluids:
 - 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 (NO red)
 - Option 3: Crystal Light powdered drink mix with 32 ounces of water (NO red)
 - Option 4: 32 ounces of Propel or Vitamin Water
 - Option 5: 32 ounces of Apple or White Grape Juice

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. Continue clear liquids.

Day of Procedure

- ✓ You may continue a clear liquid diet.
- ✓ **4 hours prior to arrival time:** ABSOLUTELY NOTHING ELSE BY MOUTH AFTER THIS TIME! (This includes water.)
- ✓ **3 hours prior to arrival time:** Take a fleet enema by rectum. Try to hold the enema for 5 minutes.