



# Lane Gastroenterology

*Care You Can Count On*

## Flexible Sigmoidoscopy Preparation Instructions

**IT IS VERY IMPORTANT THAT THE FOLLOWING PREPARATION IS FOLLOWED EXACTLY AS OUTLINED**

### **YOU WILL NEED:**

- 2 FLEET ENEMAS
- CLEAR LIQUIDS TO DRINK

### **DAY BEFORE YOUR PROCEDURE:**

- **NO DAIRY OR DAIRY PRODUCTS**
- **NO RED OR PURPLE LIQUIDS**
- **NO SOLID FOODS**

### **YOU MAY HAVE:**

- APPLE JUICE / CLEAR FRUIT JUICES
- SPRITE / 7-UP / GINGERALE / FRESCA
- COFFEE OR TEA WITH SWEETENER – NO MILK OR CREAMER
- JELL-O (NO RED OR PURPLE)
- POPSICLES (NO RED OR PURPLE)
- GATORADE / POWERADE (NO RED OR PURPLE)
- CLEAR SOUP / BROTH
- HARD CANDY

### **NIGHT BEFORE YOUR PROCEDURE:**

- TAKE 1<sup>ST</sup> FLEET ENEMA AT **8PM**
- **NOTHING TO EAT OR DRINK AFTER MIDNIGHT!**

### **DAY OF YOUR PROCEDURE:**

- TAKE 2<sup>ND</sup> FLEET ENEMA **1 HOUR BEFORE** YOU LEAVE FOR YOUR PROCEDURE.

**YOU MUST HAVE AN ADULT DRIVE YOU TO AND FROM YOUR PROCEDURE. IF YOU DO NOT HAVE SOMEONE TO DRIVE YOU, YOU WILL BE RESCHEDULED.**

If you have questions or need to cancel/reschedule your procedure please call **225-658-6780**.