

PREPARATION

Flexible Sigmoidoscopy

Flexible Sigmoidoscopy Technique: A colonoscope is a fiber optic flexible scope that is inserted in the rectum after the patient is sedated. The scope is about the diameter of your finger and has a light source at the end so that the physician can see a portion of the large intestine, from the rectum to the sigmoid. Factors affecting visibility of the entire lining include the presence of stool and the patient's anatomy (a fold, kink, or scar tissue that may make it more difficult for the physician to see the lining of the bowels).

At your local pharmacy, pick up 1 10 ounce bottle of Citrate of Magnesia and 2 Fleet enemas.

THE DAY BEFORE YOUR COLONOSCOPY:

1. At 8 pm drink the bottle of Citrate of Magnesia.

THE MORNING OF YOUR PROCEDURE:

1. Please follow a clear liquid diet the day of your procedure. Additional information on the clear liquid diet can be found on the enclosed "General Instructions".
2. Use one Fleet enema 2 HOURS prior to the time of arrival of your procedure.
3. Use the second Fleet enema 20 – 30 minutes after the first enema.
4. Please do not have anything by mouth 4 HOURS before your procedure.