

## Attleboro Gastroenterology Associates

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### FLEXIBLE SIGMOIDOSCOPY PREP MORNING

Mark A. Robbin, M.D.

David A. Cohen, M.D.

Sonia H. Uchman, M.D.

Your sigmoidoscopy is scheduled for \_\_\_\_\_

Please report to Sturdy Hospital Emergency Room at \_\_\_\_\_

Purchase Dulcolax tablets 20mg. (Comes in 5 or 10mg tablets, you need to take 20mg), and 2 Fleet Enemas. These are sold over the counter at your pharmacy.

#### The day before your procedure:

- Continue your regular diet for breakfast and lunch. At 5:00 PM have a clear liquid dinner.
- After the liquid dinner, take Duocolax tablets 20mg with plenty of water.
- At bedtime, give yourself the first Fleet Enema.

#### The day of your procedure:

- Do not eat or drink anything for 6 hours prior to the procedure. This includes water.
- About 1 hour before coming to the hospital, give yourself the second Fleet Enema.
- Wear loose fitting clothes such as sweatpants. You will be able to drive yourself home if you are not having any sedation.

**EXAMPLES OF CLEAR LIQUIDS:** Juices without pulp such as apple juice, white grape juice, white cranberry juice, lemonade, water, clear chicken or beef broth, coffee or tea (no milk or cream), Gatorade, Jell-O, popsicles or soda. **NO RED OR PURPLE colored liquids are allowed. Do not drink anything 6 hours prior to procedure. This includes water.**

Please call our office if you have any questions at 508-222-2021

