SIGMOIDOSCOPY
IN-OFFICE
PREP INSTRUCTIONS

Ensure a safe and effective upper sigmoidoscopy procedure by following these instructions exactly as directed below.

☐ At first appointment tell your doctor if you are taking any blood thinner/coagulant medications other than aspirin.

☐ Several days before procedure:
  • It is very important that you remain well hydrated for a number of days prior to and after the procedure. Gatorade® or sports drinks will result in better hydration than drinking just water alone.
  • Purchase, over the counter at any pharmacy, two (2) Saline Fleet’s Cleansing Enemas (not Fleet’s Phosphosoda or oil enemas) and one (1) bottle of Milk of Magnesia or its generic equivalent.

☐ Night before procedure:
  • Take 2 tablespoons of Milk of Magnesia.

☐ 2 hours before procedure:
  • Take first Fleet’s Saline Cleansing Enema.

☐ 1 hour before procedure:
  • Take second Fleet’s Saline Cleansing Enema.

☐ Day of procedure:
  • You may eat breakfast or lunch.