

FLEXIBLE SIGMOIDOSCOPY- Prep Instructions

Strict compliance with these instructions is necessary to avoid misdiagnosing and to ensure a safe and complete exam.

7:00 PM The Day Before Your Procedure:

1. Following the instructions provided with the Fleets enemas:
 - a. Take the first Fleets enema at 7:00 PM.
 - b. Take the second Fleets enema at 8:00 PM.
2. **Remain on clear liquid diet until bedtime.**

The Day of Your Scheduled Procedure:

3. Following the instructions provided with the Fleets enemas:
 - a. Take the first Fleets enema **2 hours prior to your scheduled arrival time.**
 - b. Take the second Fleets enema **1 hour prior to your scheduled arrival time.**

Please continue to drink plenty of clear liquids but stop ALL LIQUIDS 2 hours before your arrival time.

Please be aware: Your stools should be light yellow to clear with no solid particles prior to coming to Gastrointestinal Institute. If you have any questions or concerns regarding this prep, please call the triage nurse at (309) 451-1123 for further guidance.