



## Flexible Sigmoidoscopy Prep

**You may only have clear liquids after 2 PM the day before your procedure.**

### Clear Liquids:

Popsicles  
Fruit Drinks  
Plain Tea  
Gatorade  
Bouillon  
Plain Coffee (No Cream)  
Soft Drinks  
Hard Candy (sour balls)

### **\*\* Avoid Red or Purple Products\*\***

Take (4) Bisacodyl tablets at 4:30 PM the day prior to your procedure.  
*(You may purchase these at your pharmacy or a discount retailer such as WalMart.)*

**Do not eat or drink past midnight the night prior to your procedure.**

**Use (2) Fleet enemas the morning before your procedure (one hour before going to the outpatient facility)**