

Flexible Sigmoidoscopy Instructions

The day before the exam:

- You may have a light meal around 3:00 p.m. (i.e. half sandwich, soup).

- At 5:00 p.m. drink 7 doses of MiraLax in 32 oz. liquid in 1-1½ hours.

This may be purchased at the pharmacy of your choice (no red coloring).

- Drink only clear fluids from this point until after the exam.

Things you may have are:

Apple juice ~ White grape juice ~ Jello ~ Popsicles ~ Gatorade ~ Water ~ Soft drinks ~ Kool-Aid
Hi-C ~ Clear broth ~ Boullion

The day of the exam:

- Do not eat breakfast.
- Do not take diabetic medication until after the exam. You may check your blood sugar prior to arrival.
- You can drink clear liquids until 2 hours prior to your procedure _____.
- When you arrive at the surgery center, you may be given an enema in preparation for the exam.
- You must have a driver due to the the sedation you will receive. You will not be able to drive or work until the next day.

Date of procedure: _____ Arrival time: _____

**** The time that we give you is the ARRIVAL time. Your procedure typically starts 1 1/2-2 hours after your arrival. ****

**** EXPECT TO BE HERE 3-4 HOURS ****

Location: Cedar Valley Digestive Health Center

1015 S. Hackett Rd., Waterloo, IA 50701

If you have any questions or concerns, please call our office at 319-234-5990 or 877-858-4741.

Office hours are Monday–Friday from 8:30 a.m.-5:00 p.m., with phones answered 24 hours per day for emergencies.