



## Flexible Sigmoidoscopy Prep Instructions

### What is a flexible sigmoidoscopy?

Flexible sigmoidoscopy is a procedure that uses a flexible, narrow tube with a light and camera on one end, called a sigmoidoscopy or scope, to look inside your rectum and lower colon (sigmoid and descending colon). This is similar to a colonoscopy, but the sigmoidoscopy does not reach as far. Flexible sigmoidoscopy can reveal irritated or swollen tissue, ulcers, polyps and cancer.

### PURCHASE AT THE PHARMACY: (no prescription required)

- One bottle of milk of magnesia
- Two fleet enemas

### INSTRUCTIONS:

- Start on a **Clear Liquid Diet** after lunch the day prior to your procedure
- Take one dose of Milk of Magnesia at bedtime on the night before procedure.
  - Two fleet enemas **morning of** procedure. **One hour** prior to arrival, five minutes apart

