

## **FLEXIBLE SIGMOIDOSCOPY BOWEL PREP**

### **SUPPLIES TO PURCHASE**

Purchase the following medications at least 2 days prior to your procedure. If you have kidney issues or cannot afford the prep, call our office.

- One bottle of Miralax 238g (powder)
- Dulcolax 5mg tablets (bisacodyl)
- Two Fleets enemas
- One 32 ounce bottle of Gatorade or Powerade (no red) or Crystal Light

### **1 DAY BEFORE PROCEDURE**

- **No** solid foods
- **No** dairy products
- **No** red, orange, or purple liquids (Jell-O, sports drinks, juices or popsicles). Other colors are okay.
- Start clear liquid diet. Examples include: juice (white grape, white cranberry, lemonade), clear broth, soda (7-UP, Coke, etc.), black coffee and tea, popsicles, plain Jell-O (no fruit chunks), sports drinks, and Ensure Clear.

**8AM** – Take 4 Dulcolax 5mg tablets with 8 ounces of water. Mix the entire bottle of Miralax powder into the 32 ounce Gatorade bottle. Shake well and refrigerate.

**6PM** – Drink bottle of Gatorade/Miralax mixture quickly

### **DAY OF PROCEDURE**

#### **1 Hour before you need to leave your house to come to the Endoscopy Department**

- 1 Fleets enema (per instructions on the box)
- 1 Fleets enema (per instructions on the box) once you have expelled the contents of the first enema

**\*\*\*DO NOT EAT SOLID FOODS THE DAY BEFORE THE PROCEDURE. DO NOT EAT OR DRINK ANYTHING 4 HOURS PRIOR TO PROCEDURE TIME. \*\*\***

It is normal to feel abdominal cramping and bloating and have multiple loose stools during the prep period. Nausea and vomiting may also occur. Complete all of the prep if possible.

\*\*If you have any questions, call 812-882-2703 and ask for a nurse.