



**Athens Digestive Healthcare Associates**  
**1360 Caduceus Way**  
**Building 300**  
**Watkinsville, GA 30677**  
**Phone: (706) 850-4985 Fax: (706) 850-4989**

### **Flexible Sigmoidoscopy**

**Day Before Procedure:** \_\_\_\_\_

1. **NO SOLID FOODS**
2. **CLEAR LIQUID DIET ALL DAY**
  - a. **Example: Coffee, Tea, Broth, Bouillon, Soft Drinks, Juices, Jell-O, Sorbet, Hard Candy**
3. **NOTHING RED IN COLOR, NO MILK OR MILK PRODUCTS**
4. At 2:00pm: Take two (2) Dulcolax tablets (Purchase over the counter)
5. At 7:00pm: Take one (1) 10-ounce bottle of Citrate of Magnesia (Purchase over the counter)
6. Take Fleet Enema before bedtime if stools are not clear

**\*\*NOTHING TO EAT OR DRINK AFTER MIDNIGHT\*\***

**Day of Procedure:** \_\_\_\_\_

**NOTHING TO EAT OR DRINK (Ok to take medications with a small sip of water)**

**MEDICATIONS:**

|                         |                             |
|-------------------------|-----------------------------|
| Heart medications       | Take as you normally would  |
| Blood pressure medicine | Take as you normally would  |
| Insulin                 | Hold morning of procedure   |
| Oral diabetic medicine  | Hold morning of procedure   |
| Blood thinner           | Ok to continue, Do not stop |
| Iron preparations       | Ok to continue, Do not stop |
| Aspirin                 | Ok to continue, Do not stop |
| Arthritis medication    | Ok to continue, Do not stop |

Report To: \_\_\_\_\_

Arrival Time: \_\_\_\_\_ Date: \_\_\_\_\_