



TC1 Test

Flexible Sigmoidoscopy Prep

You can purchase the FLEET enema products at your pharmacy in the laxative section (saline or phosphate based. Do **NOT** use mineral oil Enemas).

Appointment Date: Check In Time: Procedure Performed by:

Special Medication and Diabetic Directions: See separate instructions.

One week before

Stop taking iron pills and any oil-based vitamins/supplements (A, D, E, or K, fish oil, etc.) in a pill form.

Take your usual prescription medication during prep unless told not to. Aspirin, Ibuprofen and Tylenol are OK if needed.

Avoid foods with seeds (flax seeds, popcorn, nuts and berries). They clog the scope.

Begin clear liquid diet 24 hours prior to exam.

Clear liquid diet:

Water, coffee, tea, (NO milk or cream), clear fruit juices, soda pop, Gatorade, chicken bouillon (preferred) or CLEAR broth (no oil-based broth, especially Swanson brand), popsicles, JELL-O
(Avoid the color **RED**)

Use two FLEET Enemas.

Use 1 FLEET Enema **2 hours** before your appointment. Follow the instructions on the box.

Use the 2nd FLEET Enema **1 hour** before appointment. Follow the instructions on the box.

No smokeless tobacco/nicotine product of any kind - within 6 hours of your procedure.

DO NOT put ANYTHING in your mouth the 2 hours before your procedure.

This includes but is not limited to: bowel prep, medication, hard candy, and chewing gum.

Take your regular morning medications at least 2 hours before your appointment.

No Food. No Drink. 2 hours.

You also need to arrange for an **adult driver** that is able to walk on their own, help you in and out of a car, drive you home and remain with you for 6 hours. They must remain on campus for the duration of your appointment.

If these instructions have not been followed your appointment may be delayed or cancelled.

If you received these instructions by email, you will also receive an attachment with additional. important information.