

# About Your Flexible Sigmoidoscopy

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## *What you need to know and do*

A Flexible Sigmoidoscopy is an exam of the rectum and sigmoid colon (lower part of the large intestine) using a slim, flexible, lighted tube with a camera at the tip.

### What should I eat or drink?

#### *The day before your exam:*

- You may have **only** clear liquids the **entire day**.
- Things you can have for your liquid diet are:
  - apple juice, soft drinks (Coke, Pepsi, 7 Up)
  - Gatorade, Kool-Aid, Kool-Aid-type popsicles, Jell-O (but no red or purple)
  - tea and coffee (without lemon or cream)
  - clear beef or chicken bouillon (cube only; no more than 3 cubes for the whole day).
- Things you **should not have**:
  - dairy products, solid foods, or pudding pops
  - red or purple liquids of any kind
  - alcohol, cigarettes, tobacco products
  - chewing gum or hard candy.

#### *The day of your exam:*

- You may continue to drink clear liquids up to 2 hours before your exam.
- Wear loose fitting clothes, remove jewelry.

### What are my prep instructions?

Buy 1 (10 oz) bottle of magnesium citrate and 2 Fleet enemas at your local pharmacy. Refrigerate the magnesium citrate before drinking.

#### *The day before your exam:*

- At 6 p.m., drink the entire bottle of magnesium citrate.
- After drinking the magnesium citrate, you can have clear liquids (except Jell-O and popsicles).

#### *The day of your exam:*

- In the morning, take the 2 Fleet enemas at home. Please allow enough time (30 minutes each) for the enemas to work, before you travel.

### Will I get anesthesia or sedatives?

Yes, the exam is usually done with anesthesia or sedatives. If so, a responsible adult must come with you to the appointment. This person must stay in the waiting area and drive you home.

You may request to have this exam without anesthesia or sedatives. You will not need a driver if you do not have anesthesia or sedatives.