

Flexible Sigmoidoscopy (Flex Sig) Instructions

Date of procedure: add date **Arrive at:** add time
Please select

Location of Department:

Ochsner Medical Center *Please select*

Please select

Please select

How to prep:

Day Before Procedure add date

- You may have a light evening meal.
- **No solid food after 7:00 pm.**
- Continue drinking clear liquids.

Purchase 2 (two) Fleet Laxative Saline disposable enemas.

Day of the Procedure add date

- You may continue drinking water/clear liquids until **4 hours before your procedure** or as directed by the scheduling nurse add time.

How to use the enema:

Do not force the enema tip into rectum as this can cause injury.

At **2 hours before procedure time** :

- Gently insert the tip of first enema into the rectum.
- Slowly squeeze the bottle until nearly all the liquid is gone.
- Gently remove tip of enema.
- Hold liquid for 10 minutes then release.
- Wait 5 minutes and repeat above steps with 2nd enema.

What You **CANNOT** do:

- Do not drink milk or anything **colored red**.
- Do not drink alcohol.
- No gum chewing or candy **morning of procedure**

Liquids That Are **OK** to Drink:

- Water
- Sports drinks (Gatorade, Power-Aid)
- Coffee or tea (no cream or nondairy creamer)
- Clear juices without pulp (apple, white grape)
- Gelatin desserts (no fruit or toppings)
- Clear soda (sprite, coke, ginger ale)
- Chicken broth (**until 12 midnight the night before procedure**)

Comments: