**Flexible Sigmoidoscopy (Flex Sig) Instructions**

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

**Location of Department:**  
Ochsner Medical Center  
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:**