

## Flexible Sigmoidoscopy Prep Instructions

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### PICK UP WITHIN THE NEXT 7 DAYS AT YOUR PHARMACY

- 1 – Fleet enema (purchased over the counter).
- 1 – Nulytely Bowel Prep (a prescription for this will be sent to your pharmacy).

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### 3 DAYS PRIOR TO PROCEDURE

No raw vegetables, salads, fruits, seeds, or corn.

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### 1 DAY BEFORE YOUR PROCEDURE

- 8 a.m.** Fill the prep container with water and add “Crystal Lite” if desired. Place in your refrigerator.
- 4 p.m.** Drink half the bottle of solution over an hour. **NOTE:** You may dispose of second half of liquid.

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### BEGIN CLEAR LIQUID DIET FROM THIS POINT ON. NO SOLID FOODS.

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### 6 HOURS BEFORE YOUR PROCEDURE

You are **to have nothing else by mouth** (except for approved medication with small sip of water).

You are **not to have** things like water, gum, candy, mints, cough drops, chewing tobacco, Jell-O, or broth.

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### 2 HOURS BEFORE YOUR PROCEDURE

Use the Fleet enema according to the directions on the box, holding the fluid for at least 5 to 10 minutes if possible before going to the toilet.

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### CLEAR LIQUID OPTIONS (AVOID ANYTHING RED OR PURPLE)

- Apple juice
- Clear chicken or beef broth
- Clear fruit drinks without pulp
- Coffee/Tea (without dairy or non-dairy creamer)
- Gatorade
- Jell-O without fruit
- Popsicles
- Soft drinks
- Water
- White grape juice

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### NO ALCOHOLIC BEVERAGES DURING PREP

The success of your flexible sigmoidoscopy depends on full completion of your prep.

A successful prep means your bowel movements should be clear or yellow.