

**Flex Sigmoidoscopy Instructions**

**DAY BEFORE YOUR PROCEDURE:**

* You may eat or drink regularly, including your regular medications.

**DAY OF YOUR PROCEDURE:**

* You may have **CLEAR LIQUIDS** only with **NO RED OR PURPLE DYE**.
	+ Clear liquids include:
		- Juices without pulp
		- Water
		- Broth
		- Black Coffee (no creamer)
		- Black Tea
		- Gatorade
		- Jell-O
		- Soda
		- Popsicles (lemon, lime)
* You may take any regular medications.
* 90 minutes before your appointment take a Fleet’s enema.

**Please call us immediately if you have any questions or concerns.**

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