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**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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