

Flexible Sigmoidoscopy Prep

5-7 Days Prior to Procedure:

- You will likely have to pause your prescription if you are on blood thinners prior to your procedure. Please contact the office to confirm. If you are on baby Aspirin, unless instructed otherwise, do not stop your baby Aspirin (81 mg).
- Discontinue fiber supplements and any medication containing iron (Metamucil, Citrucel, Multivitamins with iron, etc.)
- Do not stop promotility medication or Miralax.

3 Days Prior to Procedure:

- Stop eating all high in fiber foods.
- No raw fruits or vegetables, whole grain wheat or multigrain foods, nuts, wheat pasta, popcorn, seeds, beans, lentils, bran, bread, brown rice, bulking agents.
- Approved foods to eat cooked vegetables, fish, chicken, pasta, white rice.
- Discontinue NSAIDS prescriptions and over the counter (Motrin, Advil, Ibuprofen, Celebrex, etc.)

The Day Before the Procedure:

- Continue to take all prescribed medications.
- If you are a Diabetic contact your Endocrinologist or Primary Care Provider to get instructions on how to take your medication when you are fasting on the day prior to your procedure.
- Exceptions: If you have Diabetes and are taking only oral Diabetes medication, continue to take your medication only the day prior to the procedure but hold the medication the day of until you can eat. Continue to test your sugar levels.
- **CLEAR LIQUID DIET ONLY DAY BEFORE YOUR PROCEDURE!**

Purchase 2 Fleet Enemas over the counter to be completed 2 hours prior to procedure time.



Approved Foods to Eat on Day 2 and Day 3 Prior to Your Procedure:

- Chicken, turkey, lamb, lean pork, fish, eggs
- Breads and grains made with refined white flour
- White rice
- Plain crackers like Ritz or Saltines
- Sour Cream, yogurt, cheese, cottage cheese, milk
- Tea and black coffee without cream or milk
- Flavored Water without dye
- Clear light-colored juices such as apple or white grape
- Clear broth- chicken, beef, vegetable
- Clear Soda such as Sprite or Fresca.
- Sports Drinks such as Gatorade and Propel (light colors only)
- Popsicles without fruit or cream, none that are red, blue, or purple
- Jell-O, none that have fruit chunks, none that red, blue or purple

Approved Foods to Eat Day Before Your Procedure:

- Water
- Tea and black coffee without cream or milk
- Flavored Water without dye
- Clear light-colored juices such as apple or white grape
- Clear broth- chicken, beef, vegetable
- Clear Soda such as Sprite or Fresca.
- Sports Drinks such as Gatorade and Propel (light colors only)
- Popsicles without fruit or cream, none that are red, blue, or purple
- Jell-O, none that have fruit chunks, none that red, blue or purple



Avoid These Foods 3 days prior to your procedure:

- NO Nuts
- NO Seeds
- NO Granola
- NO Fruit with seeds
- NO Dried Fruit
- NO Raw fruit with skin membranes (includes berries, pineapples, oranges, watermelon)
- NO Brown or wild rice
- NO Whole grain bread, rolls, pasta, or crackers
- NO Bread or cereal with nuts or seeds
- NO Beans
- NO Potatoes with skin
- NO Cucumbers or pickles
- NO Cabbage or Brussel sprouts
- NO Green Peas, Squash, Onions, Corn, Tomatoes
- NO Soup that's not broth
- NO Popcorn
- NO Juice with pulp
- NO Baked goods with whole grain flour or nuts
- NO food or drink with dye that is in blue, red, or purple color

Avoid These Foods 24 hours prior to your procedure:

- NO food or drinks with dye that is Red, Blue, or Purple.
- NO Alcoholic beverages
- NO Milk products or smoothies
- NO Juices with pulp
- NO Soup
- NO SOLID FOOD, LIQUID DIET ONLY