

**Halifax Gastroenterology, P .C.  
Endoscopy Center**

**FLEXIBLE SIGMOIDOSCOPY**

**DAY BEFORE THE PROCEDURE:**

1. Begin **clear liquids** at lunch time. **You should not eat any more food until after your procedure is completed. You may drink clear liquids up until midnight.** Clear liquids include water, juice without pulp, coffee, tea, gingerale, Sprite, 7-UP, broth jello (**avoid red colors**).
2. Around 6:00P.M., take (4) tablespoons (60 ml) of Milk of Magnesia.
3. **ABSOLUTELY** nothing to eat or drink after midnight.

**DAY OF THE PROCEDURE:**

1. Take Fleet's enema first thing in the morning.
2. Report to **Dr. Yerra's office** at the time indicated below with an empty stomach. Please **take your blood pressure medicine** the morning of the procedure with a *small sip of water*.  
**HOLD ALL OTHER MEDICINE UNTIL AFTER THE TEST IS COMPLETED.**

**SPECIAL INSTRUCTIONS:**

If you are an **insulin-dependent diabetic and take insulin at bedtime, ONLY TAKE HALF YOUR DOSE** of insulin at bedtime. You should also drink regular (sweet) drinks the night before your procedure, since you will be unable to eat. **If you take insulin at supper time**, take your **regular dose** of insulin, but drink regular (sweet) drinks to prevent your blood sugars from dropping too low.

***YOUR PROCEDURE IS SCHEDULED ON*** \_\_\_\_\_  
***YOUR APPOINTMENT TIME IS*** \_\_\_\_\_

*Please give our office at least 24 hrs notice for cancellations. Call 535-6478.*