

Jeff Williams, MD

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Athens Gastroenterology Association

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FLEXIBLE SIGMOIDOSCOPY

DAY BEFORE PROCEDURE: _____

1. Clear Liquid Diet All Day

Examples: Coffee, Tea, Soda, Gatorade, Apple Juice, White Grape Juice, Jello, Popsicles, Chicken Broth, Hard Candy, ect

NO SOLID FOODS, NOTHING RED IN COLOR, AND NO MILK PRODUCTS

2. At 2:00 pm: Take two (2) Dulcolax Tablets (Purchas Over the Counter)
3. At 7:00 pm: Drink one (1) 10 ounce Bottle of Magnesium Citrate (Purchas Over the Counter)

NOTHING TO EAT OR DRINK AFTER MIDNIGHT!!

DAY OF PROCEDURE: _____

1. Nothing to Eat or Drink
2. Do one Fleet Enema 1 ½ Hours prior to your exam. Your stools should be clear in color.
3. Take Blood Pressure or Heart Medications with a sip of water prior to your procedure.

REPORT TO: _____

Arrival Time: _____ **Day:** _____ **Date:** _____

YOU MUST HAVE A DRIVER DUE TO SEDATION

If you have any questions please contact our office at (706) 613-1625.