

Jeff M. Williams, MD
Board Certified Gastroenterologist



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FLEXIBLE SIGMOIDOSCOPY

DAY BEFORE THE PROCEDURE: _____

1. Clear liquid diet all day.
Examples: Coffee, tea, soda, Gatorade, apple juice, white grape juice, Jell-O, popsicles, chicken broth, hard candy, etc.
NO SOLID FOODS, NOTHING RED IN COLOR, AND NO MILK PRODUCTS.
2. At 2:00pm: Take two (2) Dulcolax tablets (purchase over the counter).
3. At 7:00pm: Drink one (1) 10 ounce bottle of Magnesium Citrate (purchase over the counter).

NOTHING TO EAT OR DRINK AFTER MIDNIGHT.

DAY OF THE PROCEDURE: _____

1. Do not eat or drink anything, not even water. Nothing to eat, drink, smoke, or chew (no water, gum, or candy). You may brush your teeth.
2. Perform one Fleet enema (purchase over the counter) 1½ hour 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.

Commerce
Northridge Specialty Clinic
209 Mercer Place
Commerce, GA 30529

Greensboro
Tender Care Clinic
803 South Main Street
Greensboro, GA 30642

Lavonia
St. Mary's Sacred Heart
367 Clear Creek Drive Suite 2003
Lavonia, GA 30553

Hartwell
Hartwell Family Practice
229 Athens St.
Hartwell, GA 30643