

Jeff M. Williams, MD
Board Certified Gastroenterologist



Main Office
3320 Old Jefferson Road
Building 400
Athens, GA 30607
(706) 613-1625 Phone
(706) 613-1629 Fax

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.

Lavonia
St. Mary's Sacred Heart
367 Clear Creek Drive
Suite 2007
Lavonia, GA 30553

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

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

Madison
Morgan Medical
Center
1740 Lions Club
Suite 100
Madison, GA 30650

Commerce
Northridge Specialty
Clinic
209 Mercer Place
Commerce, GA 30529