



GASTROENTEROLOGY ASSOCIATES

Member of **Northwell Health Physician Partners**

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Flexible Sigmoidoscopy Preparation

Day Before Sigmoidoscopy

1. You may eat a regular breakfast and lunch. Please finish eating lunch by 1:00 PM
2. After lunch you should remain on a clear liquid diet. You may have coffee, tea, juice (without pulp), Jell-O (without fruit, **NOT** orange, red or purple), and clear broth.
3. At **7:00 PM** mix **7 packets or capfuls (17gm each) of MiraLAX powder into 32oz. of Gatorade** (purchase at your local pharmacy). Please make sure the powder is completely dissolved. Drink **one 8oz.** glass every **15 minutes** for a total of **4 glasses**.

Day of Sigmoidoscopy

1. **DO NOT** drink any liquids **4 hours** prior to your appointment.
2. One hour prior to your examination administer one fleet enema (green & white box) or a 32oz. tap water enema.
3. Arrive for sigmoidoscopy at scheduled time.