

WESTCHESTER PUTNAM GASTROENTEROLOGY  
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CARMEL, NEW YORK 10512  
845 278 5223  
[www.putnamgastro.com](http://www.putnamgastro.com)

#### FLEXIBLE SIGMOIDOSCOPY

##### Preparation

- Purchase **three (3)** Fleet enemas and **one (1)** bottle of Citrate of Magnesia.
- The evening before the procedure (approximately 6 p.m.) drink the whole bottle of Citrate of Magnesia
- There is no need to fast or adhere to any special diet the day of the exam.
- The day of your procedure, approximately 3 hours before your appointment time, administer the **first** Fleet enema. Follow with **second** fleet enema 30 minutes later.
- It is important that the returns are clear. If they are not clear, then the lower colon is not adequately clean. A **third** enema will then be necessary just before coming to your procedure.
- DO NOT take the third enema if the returns are clear. Usually two enemas will be sufficient.
- After the procedure you will be able to return to your usual activities.

Please bring your insurance card and driver's license the day of your procedure.

If you have any questions or concerns, please call the office.

## CLEAR LIQUID LIST

**NO RED OR PURPLE DRINKS, POPS, OR JELLO PLEASE !!!!**

CLEAR SODAS (ginger ale, 7UP, cola, seltzer, sprite)

CLEAR JUICES WITHOUT PULP (apple, white grape, white cranberry)

CLEAR SOFT DRINKS (clear sports drink such as Gatorade, kool-Aid, crystal light)

ICE POPS

JELLO

CLEAR BROTHS OR CLEAR BOULLIONS

ICED TEA

HOT TEA OR BLACK COFFEE (no milk or cream)

WATER

HARD CLEAR CANDY