DIGESTIVE DISEASE ENDOSCOPY CENTER
7481 NORTH UNIVERSITY DRIVE
TAMARAC, FLORIDA 33321
PHONE 954-718-1000 FAX 954-718-1012

FLEXIBLE SIGMOIDOSCOPY

THINGS TO PURCHASE

1. Fleet Phospho Soda laxative 1 ½ ounces
2. Fleet Enema

ON THE DAY BEFORE THE EXAMINATION

1. Have a normal breakfast
2. Lunch and dinner **must** be clear liquids. Examples: coffee or tea without milk, clear soup or broth. Jell-o (**not red**). Apple juice, Popsicles or soda.

AT 6PM TAKE THE FOLLOWING

1 ½ ounces of Phospho Soda Laxative mixed in 4 ounces of any flavor juice.
Follow this with a glass of water.

SPECIAL INSTRUCTIONS

DRINK AT LEAST 8 OUNCES OF CLEAR LIQUIDS EVERY HOUR WHILE AWAKE AFTER THE PHOSPHO SODA

YOU MAY CONTINUE CLEAR LIQUIDS UNTIL MIDNIGHT, THEN NOTHING UNTIL YOUR EXAM IS FINISHED.

ON THE DAY OF YOUR EXAMINATION: USE ONE FLEET ENEMA ONE HOUR BEFORE THE APPOINTMENT.

STOP ALL ASPIRIN PRODUCTS SEVEN DAYS PRIOR TO THE EXAMINATION.

YOU MAY TAKE THE MORNING DOSE OF THESE MEDICATIONS WITH A SMALL SIP OF WATER (4 HOURS PRIOR):

HIGHBLOOD PRESSURE MEDICATION
HEART MEDICATION
ANTI – SEIZURE MEDICATION
ASTHMA INHALANTS – please bring on day of exam

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CLEAR LIQUIDS ALLOWED ARE:

CARBONATED BEVERAGES
BLACK COFFEE
FRUIT PUNCHES
TEA
WATER
PLAIN GELATIN DESSERTS – JELL-O (NOT RED)
ITALIAN ICE
POPSICLES
APPLE JUICE
BROTH