

**CENTER FOR DIGESTIVE HEALTH**  
**Gastroenterology Associates, P.C.**  
2222 53<sup>rd</sup> Avenue, Bettendorf, IA 52722 (563) 383-2686

<b>David S. Pratt, MD</b>	<b>Day</b>	_____
<b>William Davidson III, MD</b>	<b>Date</b>	_____
<b>Richard L. Weyman IV, MD</b>	<b>Arrival Time</b>	_____
<b>Young B. Huh, MD</b>	<b>Procedure Time</b>	_____
<b>Anjana Aggarwal, MD</b>		

**FLEXIBLE SIGMOIDOSCOPY PREP  
WITHOUT SEDATION**

**One (1) day before your Sigmoidoscopy you will need to do the following:**

- **Before 6:30 PM** Start clear liquid supper.
- **6:30 PM** Drink one 10 oz. bottle of Magnesium citrate with 2 glasses of water

**The day of Sigmoidoscopy you will need to do the following:**

- Your medications can be taken in the morning with water.
- Take 2 Fleets Enemas 15 minutes apart, 1-2 hours before your scheduled **arrival** time.
- You may drink clear liquids until the time of the procedure.

**CLEAR LIQUID DIET**

**DO NOT DRINK ANYTHING RED OR PURPLE**

<b>CAN HAVE</b>		<b>CANNOT HAVE</b>
Apple Juice	Gatorade	Milk or Milk Products
Tang	Popsicles	Orange Juice with Pulp
HI-C Fruit Juice	Pop	Tomato Juice
Coffee	Water	Prune Juice
Broth or Bouillon	Tea	Alcohol
Plain Jell-O (no fruit or sugar free)		

**General Information:**

- You may drink clear liquids until the time of the procedure.
- Please use the Center for Digestive Health Entrance and Registration Desk
- Vaseline applied to the rectal area may help relieve any discomfort