

FLEXIBLE SIGMOIDOSCOPY PREP INSTRUCTIONS

1. You will need to purchase the following items from any drug store **OVER THE COUNTER**. (Walmart, Target, CVS, Walgreens, Winn Dixie, Publix, etc.)
 - **1 bottle of MiraLax (or the store brand) 14 ounces (net weight 8.3 ounces, 238 grams)**
 - **1 box of Dulcolax laxative (or store brand, relief in 6 to 12 hours, 10 tablets)**
 - **1 64-ounce bottle (or two 32-ounce bottles) of Gatorade or PowerAde, you can also use water or Crystal Light if you would like. (NO RED OR PURPLE flavors)**
2. You will need to stop Iron pills, Multi Vitamins, and supplements 5 days before the procedure.
3. You will need to stop blood thinners and aspirin products 3 days before the procedure. (Aspirin, Ibuprofen, Aleve, Coumadin/Warfarin, Plavix, Eliquis, Lovenox, etc.)

PREP DAY, the day before the procedure

1. You **CANNOT** have anything solid to eat **ALL DAY** (24hrs/12am-12pm) – this means nothing for breakfast, lunch, or dinner.
2. You will need to follow a clear liquid diet **ALL DAY**. You can have water, coffee (without milk or creamer), tea, soda, popsicles, Jell-O, PowerAde, Gatorade, lemonade, Pedialyte, or broth. **YOU CANNOT HAVE ANYTHING RED OR PURPLE.**
3. That morning you should mix the MiraLax with the Gatorade, PowerAde, etc. and refrigerate.
4. At 3:00pm take 4 tablets of the Dulcolax Laxative.
5. From 6:00pm to 8:00pm you will drink the MiraLax mixture that you refrigerated that morning. Make sure you continue to drink fluids until bedtime to stay hydrated.
6. If you experience vomiting, stop the prep for 30 minutes and try again.
7. If you experience severe abdominal pain, stop the prep, and call the office (850-841-1166). If you do not get a response, go to the emergency room and call the surgery center to cancel your procedure (850-402-4107, you will have to leave a message).

DAY OF PROCEDURE

****Due to COVID restrictions, please do not arrive earlier than the time you were given or you may have to wait in the car until called.***

****Please take blood pressure medications, breathing/asthma medication, or seizure medications with a **tiny sip of water**, no other medication OR drink is allowed the morning of the procedure.**

***Your procedure is being performed at: Capital City Surgery Center (address listed at top of page)**

****There is a NO SHOW/LATE CANCELLATION fee of \$100 that will be applied if you do not cancel your procedure within 72 hours of your scheduled procedure.**

*****NOTE: NO FOOD OR DRINKS ALLOWED in facility. Patients may bring ONE adult visitor/driver with them, no children are allowed, visitor/driver cannot wait in the lobby during patient's procedure. Patients/visitors are required to wear a mask at all times while in facility. Cell phones **MUST** be silenced upon entering facility.**

