

Instructions for flexible sigmoidoscopy (with sedation) and upper endoscopy

DO NOT EAT SOLID FOOD after midnight the day of your procedure.

You may have clear liquids up to 6 hours prior to your appointment time. Clear liquids include: apple/grape juice, Sprite, Gatorade, chicken broth, Jello, black coffee (NO MILK OR CREAM), & tea.

If you take medicine for blood pressure, please take it with a small sip of water up to 3 hours prior to your procedure.

If you take medicine for diabetes, DO NOT take it the evening before and/or the morning of your procedure.

Failure to follow these instructions increases your risk of complications during your procedure. Please follow them carefully, or your procedure may be rescheduled.

For flex sig patients only:

You will need to use one saline enema (available to purchase over the counter at your pharmacy) ONE HOUR prior to leaving home for your appointment.