



FLEX-SIGMOIDOSCOPY  
DAY BEFORE INSTRUCTIONS

**Appointment Date:** \_\_\_\_\_

**Arrival Time:** \_\_\_\_\_

**Patient Name:** \_\_\_\_\_ **DOB:** \_\_\_\_\_

**Provider Name:** \_\_\_\_\_ **Acct Number:** \_\_\_\_\_

1. Drink one bottle of lemon-lime Mag-citrate or take 3 Dulcolax tablets after dinner. Both items can be located over the counter.
2. Start clear liquids only after dinner.
3. Before bedtime, use 1 Fleet enema. (over the counter)
4. Administer 1 additional Fleet enema 2 hours prior to arrival time.
5. **Hold ALL food or drink 6 hours prior to arrival time.**

Please call the office if you have any concerns or questions  
**817-760-7969**