Flexible Sigmoidoscopy – No Sedation

21 DAYS BEFORE OR AS SOON AS POSSIBLE:

- ☐ **Fill your prescription for Golytely, Nulytely, Colytely, Trilyte or Generic Equivalent at your local pharmacy.** Please call our office 612-871-1145 if you did not receive a prescription.

Cancel or Reschedule Your Appointment:
If you are having flu-like symptoms (such as fever, cough, shortness of breath) within 14 days of your appointment please call to reschedule. If you have any newly diagnosed medical conditions (like diverticulitis, heart problems, breathing problems), please call our office. If you need to cancel or reschedule for any other reason, call 612-871-1145 at least 72 hours prior to your appointment.

7 DAYS BEFORE YOUR PROCEDURE:

- ☐ **STOP taking iron and fiber supplements** (this includes multivitamins)
- ☐ **If you have diabetes:** Call your monitoring provider for instructions on insulin and/or blood sugar management

3 DAYS BEFORE YOUR PROCEDURE:

- ☐ **Start a Low-Fiber Diet**
  - Look at the food label for fiber
  - Eat only 10-15 grams of fiber each day
- ☐ **DO NOT eat these foods:**
  - Raw fruits and vegetables
  - Berries and dried fruits
  - Seeds, nuts, popcorn
  - Bran or whole wheat foods
  - Beans, lentils, quinoa
- ☐ For more details on following a Low Fiber Diet, visit: www.mngi.com/conditions/low-fiber-diet.

2 DAYS BEFORE YOUR PROCEDURE:

- ☐ CONTINUE Low Fiber Diet
- ☐ Drink plenty of fluids throughout the day to prevent dehydration.
- ☐ **STOP** eating solid foods at **11:45 PM**
- ☐ **BEGIN** clear liquid diet (only liquids you can see through-no red)
  - ☐ **See "Clear Liquid Diet" information below**

1 DAY BEFORE YOUR PROCEDURE:

- **DO NOT EAT:** any solid food. Clear liquids **ONLY**
- **At 6PM:**
  - Drink one (1) 8 fl. oz. glass of Golytely, Nulytely, Colytely, Trilyte or a generic equivalent **every 15 minutes until half the bottle is gone** (approximately eight (8) - 8 fl. oz. glasses). **Save the other half in the refrigerator for tomorrow**
  - Do not drink any other liquids while you are drinking the prep solution
- **Over the course of the evening:**
  - Drink 2 cups (½ liter) of clear liquids.

DAY OF YOUR PROCEDURE:

- **DO NOT USE:** chewing tobacco, THC, marijuana, or illegal drugs
- Continue clear liquid diet
- You may continue medications as usual

6 HOURS BEFORE YOUR PROCEDURE:

- Drink 1 (one) 8 oz. glass of Golytely, Nulytely, Colytely, Trilyte or a generic equivalent solution **every 15 minutes until the remaining solution is gone** (approximately 8- 8 oz glasses)

Are You Ready?

When you are finished with your prep you should not have any solid stool, only clear liquid stool. You should be able to see to the bottom of the toilet bowl. If you are unsure whether your colon is cleaned out, please call our office at 612-871-1145 before you leave for your appointment.

Clear Liquid Diet

- For more details on following a clear liquid diet, please see https://www.mngi.com/conditions/clear-liquid-diet.
- Clear liquids are anything that you can see through (NO red).
  - Examples of a clear liquid diet include: water, clear broth or bouillon (gluten-free options available), Gatorade, Pedialyte or Powerade, carbonated and non-carbonated soft drinks (Sprite, 7-Up, Ginger ale), clear juices (apple, white grape, white cranberry), Jell-O, popsicles, and up to one (1) 8 fl. oz. cup of dark soda, black coffee or tea (no milk or cream) each day.
- **DO NOT use or drink the following on a clear liquid diet:** red liquids, alcoholic beverages, dairy products, protein shakes, cream broths, juices not listed above, products that have oil, or chewing tobacco. **If you do, your procedure will be cancelled.**

Questions?
Have questions about your procedure prep or upcoming appointment? Visit:

- Frequently Asked Questions: https://www.mngi.com/patient-procedure-faqs
- Procedure Overview: https://www.mngi.com/search/patient-services