

# 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 condition (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:**

- **STOP** fiber and iron supplements, including multivitamins.
- If you have diabetes, contact your monitoring provider for further instruction on insulin and/or blood sugar management.

# **3 DAYS BEFORE:**

- Begin a Low-Fiber Diet. Please look at the nutritional label to check the fiber content for each item No more than 10-15 grams a day.
- DO NOT eat the following on a low fiber diet: seeds, nuts, popcorn, bran, whole
  wheat, corn, quinoa, raw fruits and vegetables, berries and dried fruit, beans and
  lentils.
- For more details on following a Low Fiber diet, please see www.mngi.com/conditions/low-fiber-diet.

#### **2 DAYS BEFORE:**

- Stay On Low Fiber Diet.
- Drink plenty of fluids throughout the day to prevent dehydration.
- <u>STOP eating solid foods at 11:45 pm.</u> Begin Clear Liquid Diet (no red). **See** "Clear Liquid Diet" information below.

# **1 DAY BEFORE:**

- Do NOT eat any solid foods. Continue clear liquid diet (no red). See "Clear Liquid Diet" information below.
- **At 6pm:** Drink one (1) 8 fl. oz. glass of Golytely, Nulytely, Colytely, Trilyte or Generic Equivalent solution every 15 minutes until <u>half the bottle</u> (approximately eight (8) 8 fl. oz. glasses) is gone. **Save the other half for tomorrow in the** refrigerator.



- **Do not drink any other liquids** while you are drinking the Golytely, Nulytely, Colytely, Trilyte or Generic Equivalent solution
- Over the course of the evening, drink an additional ½ liter of clear liquids.

#### **DAY OF YOUR PROCEDURE:**

- **DO NOT use** THC, marijuana or illegal drugs. <u>If you do, your procedure will be</u> cancelled.
- There are no dietary restrictions
- You may continue medications as usual

#### **6 HOURS BEFORE:**

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

# 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.

For detailed information about your procedure please visit <a href="https://www.mngi.com/search/patient-services">https://www.mngi.com/search/patient-services</a>