

# FASTING PREPARATION

## For Flexible Sigmoidoscopy



CALL US if you take MEDICATIONS for the below:

- ✓ Diabetes
- ✓ Blood thinning
- ✓ Weight loss
- ✓ Parkinson's related medications
- ✓ Epilepsy

## DAY OF PROCEDURE

6:00 am

- ✓ Take your usual medications with a sip of water.
- ✓ Do NOT take any medications that you have been told not to take.

8 hours prior to admission time

- ✓ CLEAR fluids only (please see below)
- ✓ NO food allowed

2 hours prior to admission time

- ✓ No food
- ✓ No fluids
- ✓ Nil by mouth

Upon arrival to the hospital

- ✓ You will be given a Fleet Enema

## Clear Fluids

- ✓ Water
- ✓ Soda water
- ✓ Mineral water
- ✓ Clear cordials
- ✓ Sports drinks (not red/purple/blue)
- ✓ Hydralyte (not red/purple)
- ✓ Berocca (not red/purple)
- ✓ Apple juice (no pulp)
- ✓ Lemonade
- ✓ Jelly
- ✓ Black coffee
- ✓ Black tea
- ✓ Clear soup (e.g. clear chicken broth)