

Proctology Associates of Maine

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- ***Genital Warts*** -

Sigmoidoscopy Prep Please read all the instructions at least 2 days prior to examination date.

You will need to obtain (1) 1.5 ounce bottle of Fleets Phospho Soda at any pharmacy prior to the prep day.

Note: Individuals respond to this preparation differently. This prep may cause multiple bowel movements over a period of time from 30 minutes to 3 hours or more after having taken this prep.

If you are taking any medications, consult the physician for additional instructions as to whether or not you should use these prior to examination.

DAY BEFORE EXAM

1.) Drink only liquids for breakfast, lunch, and supper. Solid foods, milk or milk products are not advised for this prep.

Liquids for this prep include:

- Fruit juices without pulp
- Water
- Clear broth or bouillon
- Coffee or tea without a lot of milk
- Gatorade and All sport juices
- Carbonated and non-carbonated soft drinks: i.e. Pepsi, Diet Pepsi, Ginger ale, 7 Up, Coke, Root beer, etc.
- Jello
- Ice popsicles

7:00 PM

Add 1.5 ounce bottle of Fleets Phospho Soda prep to one half glass of water and drink this. Follow this with at least one full glass of water or approved liquid.

Morning of Examination:

Continue to drink above liquids as much as you can until your appointment.