

Flexible Sigmoidoscopy Prep (Ulcerative Colitis)

You are scheduled for a Flexible Sigmoidoscopy on _____ at _____ A.M. / P.M.

- () Saint Luke's - G.I. Diagnostics, LLC. 4321 Washington St., Medical Plaza III, Ste 5700.
- () Saint Luke's Outpatient PEET Center, 4323 Wornall, KCMO 64111 – check in on the 1st floor.
- () Briarcliff Surgery Center – 4150 N. Mulberry Dr., Kansas City, MO 64116 – Ste 100
- () Mid – America Surgery Institute – 5525 W. 119th St. Overland Park, KS, 66209, Ste 100
- () Menorah Hospital – 5721 W. 119th St., Overland Park, KS 66209, check in at entrance C

Please register by _____ A.M./P.M. for us to provide our services in an efficient manner.

You will need to purchase the following; all items are available over the counter at any pharmacy.

One small bottle of Miralax powder (4.1oz or 116 grams)

One 32oz bottle of Gatorade (not red or purple)

Two fleet Enemas

1. The **DAY BEFORE** you must have CLEAR liquids only starting at **NOON**. This includes black coffee, tea, soda, Gatorade, apple juice, popsicles, Jell-o, broth, and bouillon. **NOTHING** red or purple.
2. At **3:00pm**, Mix the bottle of Miralax with the Gatorade and drink within 2 hours.
3. You may have all the clear liquids you would like until midnight. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT**. If your procedure is 1pm or later, you may have 6oz of water up to 4 hours prior to procedure.
4. The morning of the procedure, give yourself 2 fleet enemas. We suggest you start this 1.5 to 2 hours before leaving to come to your procedure.
5. Please take any anti-seizure medications, heart medications, or blood pressure medications the morning of your procedure with a small sip of water 1 hour after completing your prep and then have **NOTHING** else by mouth for **TWO** hours before your check in time.
6. Please **DO NOT** apply any lotion, body oils, Vaseline, or body sprays the morning of your procedure.
7. You will be sedated for this procedure. You will need **someone to drive you home**. No mode of public transportation will be allowed. This includes taxis, buses or walking alone.