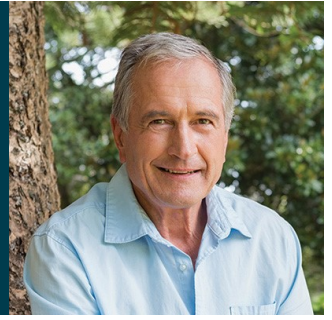


Gastroenterology

Flexible Sigmoidoscopy or Rectal Endoscopic Ultrasound Prep



Purchase at the pharmacy:

- One (1) bottle of Miralax (238 grams)
- Two (2) Fleet Enemas

Bowel Preparation Instructions:

- The day before your procedure, your diet is to consist of CLEAR LIQUIDS ONLY (no solid food). Do not consume liquids that are red or purple in color. Do not consume milk products or juices with pulp. Clear liquids include: water, black coffee, tea, apple juice, white grape or cranberry juice, lemonade, sports drinks (Gatorade, PowerAde, etc.), clear beef, chicken or vegetable broth, Jell-O, popsicles, frozen sorbet, or Italian ice. Alcoholic beverages are not permitted.
- At 6:00 PM the evening before your procedure, begin drinking the Miralax prep. Mix one capful of Miralax powder with an 8-ounce glass of water or Gatorade. Drink a glass of Miralax prep mixture every 10-20 minutes until eight (8) glasses have been consumed. If you should become nauseated or feel too full, slow down, and consume the prep at a slower pace.
- After midnight, consume nothing further by mouth except a sip of water for medications.
- The morning of the exam, take two (2) Fleet enemas a half an hour apart. If the enemas do not return clear of solid matter, use the enema container filled with tap water for additional cleansing until the solution returns clear.

Contact the on-call Gastroenterologist (941-262-0400) if any problems arise during the bowel preparation process.