

Mr David Lloyd

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Colorectal Surgeon & Colonoscopist

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FLEXIBLE SIGMOIDOSCOPY PREPARATION **FOR AFTERNOON EXAMINATION**

THE DAY BEFORE FLEXIBLE SIGMOIDOSCOPY:

Breakfast: Normal breakfast

Lunch: Normal lunch - (clear fluids after lunch)

Dinner: Clear fluids only (NO RED COLOURING)
Jelly (NOT RED)
Water based cordial or soft drink (NOT RED)
Black tea or coffee (NO MILK)
Clear fat free broth
Clear juice (NO PULP)

THE DAY OF FLEXIBLE SIGMOIDOSCOPY:

NO BREAKFAST - 2 ENEMAS ON ARRIVAL AT HOSPITAL

You can drink clear fluids up until 2 hours prior to the procedure.

Blood thinners – Warfarin, Clopidogrel, Dabigatran etc. should be ceased before the procedure, on discussion with your Doctor or Mr Lloyd. Aspirin can continue to be taken.