

## **Sigmoidoscopy Preparation Instructions**

**Dr JG DesCôteaux**

1. Nothing to eat after midnight the night before the procedure
2. May have clear fluids after midnight up until 4 hours before arrival time to hospital  
(clear fluids include clear pulp free fluids, apple, white cranberry, white grape juice, broth/bouillon, jell-o, Gatorade, popsicles, vitamin water, tea or coffee, no milk/cream, ginger ale)
3. Purchase 2 fleet enemas at your local pharmacy
4. Take the enemas one hour apart, starting 3 hours before your arrival time.

**If you have any question, contact the booking office at Golden District Hospital:  
250.344.5271 ext 3010**

**Or Dr DesCôteaux's office 250.344.2840**