

# Sigmoidoscopy Prep Instructions

## WHAT YOU NEED:

- A twin pack (or 2) Fleets (normal saline) Enema



EXAMPLES OF FLEETS ENEMA

## IF YOUR CHILD IS:

- 2 years of age or younger, purchase a twin pack (2) of Pediatric Fleets Enema
- 3 years of age or older, purchase a twin pack (or 2) Adult Fleets Enema

## ACCEPTABLE CLEAR LIQUIDS:

- Water
- Popsicles
- Sprite®
- Flavored water
- Gatorade®
- Starry
- Jell-O® gelatin
- Powerade®
- Apple juice
- Slushies
- Pedialyte®
- White grape juice
- Icee®
- Kool-Aid®
- Chicken bouillon cubes (not canned)



## AVOID:

- All solid foods
- Milk or dairy products
- Red- or purple-colored liquids
- Orange juice or juice with pulp
- Gatorade "Recovery" brand, which contains whey protein that should be avoided during prep

## ADDITIONAL INFORMATION

If you have questions, call 816-234-3000 and ask for the GI doctor on call for recommendations.

LEARN MORE



## PLEASE FOLLOW THIS SCHEDULE

### Evening before procedure:

- Give the first enema between 6-10 p.m. (or 2 hours before bedtime)
- Begin clear liquid diet (see list of acceptable clear liquids). **No solid food should be eaten.**

### Day of scope:

Give the second enema after child awakes.



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