

# FLEXIBLE SIGMOIDOSCOPY TIMETABLE

1 WEEK BEFORE	3 DAYS BEFORE	1 DAY BEFORE	DAY OF EXAM	AFTER THE EXAM
<p><b>STOP</b>  <b>Iron</b>  <b>Stool bulking drugs</b></p>	<p>Begin low residue diet (see over)</p>	<p><b>No medications from one hour before taking the bowel preparation to one hour after taking the bowel preparation</b></p>	<p>Drink plenty of clear fluids (see over)</p>	<p>Drink plenty of fluids</p>
<p>CALL ENDOSCOPY - if you have not already been told how to prepare if you are a -            Diabetic            Haemophiliac            On blood thinning drugs e.g. warfarin, clopidogrel, aspirin            Have a pacemaker/ICD</p>	<p><b>If you are taking a contraceptive pill you are advised to use an alternative until your next period begins</b></p>	<p>Take bowel preparation as required – remember to drink at least another 500mls (1pint) of fluid with each sachet</p>	<p>If having a gastroscopy as well remember to stop drinking <b>2 hours</b> before your procedure</p>	<p>Return to normal diet</p>
<p>CONTINUE TO TAKE DURING THE PREPARATION YOUR            Heart, blood pressure, epilepsy and steroid tablets</p>	<p>Buy baby wipes, vaseline or zinc &amp; castor oil to prevent sore bottom</p>	<p>Begin a clear liquid diet (see over)</p>		<p><b>Remember it might take up to 48 hours for your bowels to go back to normal</b></p>
		<p><b>Stay near a toilet</b></p>		
<p style="text-align: center;"><b>SIDE EFFECTS</b></p> <p>Cramps, Indigestion, Feeling cold, Tiredness, Sore bottom, Thirst, Nausea/vomiting, Hunger, Difficulty sleeping, Dizziness, Headache, Difficulty swallowing  <b>Call the hospital if you have any of the following;</b>  <b>Rash/itching, Swelling face, ankles or any other part of your body, Palpitations, Extreme fatigue, Shortness of breath</b></p>			<p style="text-align: center;"><b>!!HELP IT TASTES HORRIBLE!!</b></p> <p>Put in fridge OR add ice            Drink through straw            Drink small amounts but often            Add squash – not red or purple coloured varieties            Add real lemon or lime juice</p>	

# DIET SHEET

Clear fluids	Meat/fish/poultry and cheese	Breads	Vegetables	Desserts	Other
Water Fizzy drinks Squash Cordials Sports drinks  2-3 glasses alcohol (no red coloured alcohol)  Vegemite and equivalent Weak tea/coffee (without milk)  Ice lollies	Well-cooked – roasted/steamed or broiled, white meat, poultry, fish, liver, eggs, shellfish,  Smooth peanut butter (up to 2 tablespoons a day)  Hard or cottage cheese,  Tofu  Well pureed humus	White wheat or seedless rye bread, rolls, melba toast, plain muffin, biscuits, soda crackers, croissants, bagels, naan, ciabatti  White rice  Refined pasta	White or sweet potatoes (flesh only),  Well cooked vegetables (flesh only) such as – Tomatoes (no skin or seeds) Carrots Asparagus tips Pureed spinach Aubergine Green beans Potatoes (no skin)  Raw vegetables Lettuce Cucumber (no seeds) Courgettes (no seeds) Liquidised vegetable juices Courgettes/ marrow/squash (no skin or seeds) Avocado	Custard,  Clear jelly (not red or purple)  Rice/semolina/tapioca puddings,  Plain cakes/scones, cookies  Candy/Sherbet/ Toffees  Pancakes, waffles  Ice cream  Smooth yoghurt	Strained cream soups, broth soups such as chicken noodle/chicken rice  Smooth jam/marmalade/ golden syrup/ honey  Sugar  Gravy, tomato sauce, soy sauce Salt, pepper, spices Mayonnaise Dressing without nuts  Oil, margarine/butter  Fruit juices (not prune juice, no bits)  Vegetable juices (no bits)
		<b>Cereals</b>		<b>All types of milk (no more than 300mls day)</b>	
		Cornflakes Rice Krispies Special K Sugar Puffs Cheerio's Ready Break		Cows Soya Goat Almond Rice Coconut	