

# 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
- Flavored water
- Jell-O® gelatin
- Slushies
- Icee®
- Popsicles
- Gatorade®
- Powerade®
- Pedialyte®
- Kool-Aid®
- Sprite®
- Starry
- Apple juice
- White grape juice

## 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

## NURSE'S LINES

Gastroenterology Clinic Red Team Nurse Line (816) 760-8851

Gastroenterology Clinic Blue Team Nurse Line (816) 760-8852

Gastroenterology Clinic Green Team Nurse Line (816) 760-8853

Gastroenterology Pink Team Nurse Line (816) 983-6975

Gastroenterology Liver Team Nurse Line (816) 302-3410 OPT. 2



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## 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.

## ADDITIONAL INFORMATION

If you have questions, please call Nurse's Line listed to left during clinic hours.7:00 a.m. - 4:00 p.m.

If you need Additional assistance after hours, please call 816-234-3000 and ask to speak with the GI Doctor on call for further recommendations.