

**IOANNIS & PAVLOS KAIMAKLIOTIS**  
**Gastroenterology – Hepatology**  
**American Board Certified**  
**1, Troias 2023 Strovolos Nicosia**  
**Tel: 22465999, 99312830, 97774178**

**Patient name:**

**Date/time of procedure:**

## **SIGMOIDOSCOPY PREPARATION**

### ***2 DAYS BEFORE THE PROCEDURE***

Avoid eating fruits that contain spores (figs, grapes, pomegranates, etc.) and vegetables. Also avoid bread with sesame seeds or any kind of seeds.

### ***1 DAY BEFORE THE PROCEDURE***

- **Breakfast:** Coffee, white toast (cold cuts, egg), juice (not fresh) or white cereals such as classic corn flakes. It is forbidden to include fruits or vegetables in your breakfast (as well as cucumbers, tomatoes, etc.). Avoid dairy consumption.

- **Light lunch:** Spaghetti, vermicelli, rice, toast.

- **Light dinner until 9:00 pm:** Spaghetti, vermicelli, rice, toast.

- **9:00 pm:** Use 1 (one) Fleet enema

**Instructions:** To use the enema, lie down on your left side with your knees bent. Remove the cap from the applicator tip and gently insert the tip into the rectum. For best results, stay lying down and hold in the enema until you feel the urge to have a bowel movement.

### ***DAY OF PROCEDURE***

- **6:30 am - 7:00 pm:** Use 1 (one) Fleet enema