

Patient preparation for proctosigmoidoscopy

- ❖ please do not eat seed bread and fruit with small seeds 2 to 3 day before the procedure
- ❖ you may eat a light breakfast (tea, bread, spread or toast) the day before the procedure
- ❖ you may drink 1-2 cups of soup without noodles for lunch
- ❖ please take 50 grams of Epsom salt dissolved in one litre of water at 2 PM
- ❖ please drink plenty of liquid in the afternoon, between 2 and 3 litres of clear tea, non-carbonated mineral water or still water

Please do not drink coffee or milk!

- ❖ please gently insert Dulcolax laxative suppository into the rectum at 6 PM
- ❖ please gently insert Dulcolax laxative suppository into the rectum at 8 AM on the day of the examination
- ❖ if you feel thirsty you may take a little bit of sweetened tea.