



Flexible Sigmoidoscopy — Bowel Prep

Over 40 kg (Over 88 lb)

PROCEDURE LOCATION

Surgery Center of Carmel

12188-A N Meridian St #150, Carmel, IN 46032

Surgery Center phone: **(317) 569-8250**

Arrive 1 hour before your scheduled procedure

Scan for Google
Maps



About Medications

- Tell your doctor about all medicines your child takes.
- Stop ibuprofen, Motrin, Advil, Aleve and other anti-inflammatory medicines **2 days before**.
- Stop iron or anti-diarrhea medicines (Imodium, Kaopectate) **7 days before**.
- Give routine morning medicines with a small sip of water unless told otherwise.

What to buy at least 2 days before

1 large adult saline enema (~480 mL), such as Fleet Saline Enema Extra (large size), OR 2 regular adult saline enemas (~240 mL each). **Do NOT buy Fleet phospho-soda or any phosphate enema.**

- ⚠ **Use only SALINE enemas.**
- ⚠ **NOT phosphate (phospho-soda) enemas — dangerous for children and teens.**
- ⚠ **NOT Fleet Mineral Oil Enema — different product.**
- ⚠ **NOT Fleet Glycerin Suppositories or any glycerin suppository — different product.**

1 Day Before the Procedure

Eat a low-residue (“white”) diet through lunch. **After 2:00 PM — clear liquids only** (no dairy).

AVOID (low-residue rule)	OK to eat
Whole-grain bread, brown rice, oatmeal, granola	White bread, plain bagel, white rice, plain pasta
Raw fruits with skin or seeds (berries, grapes, oranges, pineapple)	Banana, applesauce, plain or vanilla yogurt
Raw vegetables, salads, corn, broccoli, cauliflower, cabbage, peas	Eggs, plain chicken, baked potato (no skin)
Beans, lentils, nuts, seeds, popcorn	Goldfish, animal or saltine crackers, pretzels
Granola bars, trail mix, cookies with nuts or dried fruit	Vanilla pudding, plain Jell-O (no red/purple)

After 2:00 PM — clear liquids only (no dairy)

AVOID	OK to drink
Anything red or purple	Water, Pedialyte, Gatorade or Powerade (no red/purple)
Dairy (milk, yogurt, ice cream, smoothies)	Apple, white-grape, or white-cranberry juice (no pulp)
Orange or grapefruit juice; juice with pulp	Strained lemonade, ginger ale, Sprite, 7-Up
Cream-based soups, hot chocolate	Clear chicken, beef, or vegetable broth; tea (no milk)
	Plain Jell-O, popsicles (no red/purple, no fruit chunks); hard candy, honey

 Day of the Procedure — Enema**1–2 hours
before leaving**

Give 1 large adult saline enema (~480 mL) — or 2 regular 240 mL enemas back-to-back — about 1 to 2 hours before leaving for the hospital. Have your child try to hold the enema for 5 to 10 minutes before going to the bathroom. If there is no stool output after 30 minutes, you may give one additional enema.

- Have your child try to **hold the enema for 5 to 10 minutes** before going to the bathroom, if able.
- If there is no stool output after 30 minutes, you may give **one additional enema**.
- Some watery output and a few bowel movements after the enema are expected.

 Day of the Procedure — Eating & Drinking (NPO)

For your child's safety, anesthesia requires an empty stomach. Stop each food or liquid below by the time listed, counting back from your child's **scheduled arrival time**:

Food or liquid	Stop this many hours before arrival
Solid foods	8 hours
Formula or milk feedings	6 hours
Breast milk	4 hours
Clear liquids (water, apple juice, plain Jell-O)	2 hours

- **Keep your child well-hydrated** on the morning of the procedure — offer small sips of clear liquids every 30–60 minutes. Each drink: no more than **1 cup (8 oz / ~250 mL)**. Frequent small drinks beat occasional large ones — better hydration, easier on the stomach.
- **Stop all clear liquids 2 hours before the procedure.**
- Bring comfort items for your child (toy, blanket, tablet, etc.).

⚠️ If the prep or fasting times are not followed, the procedure may be delayed or canceled.

Helpful Resources & Questions



Prep video
Example only —
follow this handout,
not the video.



Patient portal
Message us
Urgent: (317)
338-9450



GIKids.org
General info on
pediatric GI
procedures.