



*Digestive Health Specialists*  
OF THE SOUTHEAST

**INSTRUCTIONS FOR F.O.P. PROCEDURES**  
**(Fiberoptic proctosigmoidoscopy)**

1. At approximately 4:00 p.m. on the afternoon before your scheduled test, take (3) tablespoons of Milk of Magnesia.
2. At bedtime on the night before your scheduled test, give yourself (2) Fleet's enemas.
3. On the day of your test before coming to your procedure, give yourself (2) Fleet's enemas.
4. Do not eat solid food 8 hours before your arrival time. You may have clear liquids only (nothing red, blue, or purple) up to 2 hours prior to arrival.
5. Take necessary morning medications such as heart, blood pressure, thyroid, or seizure medications with clear liquids.
6. Following the FOP prep instructions is essential for accurate test results.