



Flexible Sigmoidoscopy Prep

The preparation for this procedure requires you to complete all of the following:

Day Prior to the Procedure:

1. After a light lunch the day before the exam, **ONLY** drink clear liquids. Clear liquid diet includes: clear broth, tea with sugar, any strained fruit juices, gelatin desert (no red or purple), black coffee with sugar popsicles, and sodas.
2. Take one 10 ounce bottle of Magnesium Citrate (by mouth) at 6 pm. Continue clear liquids for the rest of the evening.

Day of the Procedure:

3. One hour prior to the time you leave for your scheduled exam, use a FLEET enema (FLEET enema can be purchased from any pharmacy). If after the enema, the return is not clear, refill the enema bottle with warm water and repeat the enema.
4. Please continue all of your routine medications (with the exception of diabetes medications, consult your primary care physician regarding diabetic management).
5. Because of the expense of the instrument and highly specialized technique of the physician performing the exam, it is important you follow all of the preparation instructions as note.
6. You may or may not be sedated, if you are you will need someone to drive you home from your procedure. Please make sure your driver stays in premises during your procedure.

No drink three hours prior to your procedure