

FLEXIBLE SIGMOIDOSCOPY PREP INSTRUCTIONS

Patient Name: _____ Procedure Date: _____

Doctor: _____ Location: _____

Arrival Time: _____ Procedure Time: _____

Hold the following medications: _____

IF YOU ARE UNABLE TO KEEP YOUR APPOINTMENT, WE ASK THAT YOU GIVE US 72 HOURS NOTICE. If you do not call and fail to show up for your scheduled procedure you will be charged a "No Show Fee" of \$100.00.

****IMPORTANT: IF YOU ARE A SMOKER, WE STRONGLY ADVISE THAT YOU DO NOT SMOKE THE DAY OF YOUR PROCEDURE. SMOKING PRIOR TO YOUR PROCEDURE COULD CAUSE COMPLICATIONS WITH ANESTHESIA****

PICK UP FROM THE PHARMACY:

1. One (1) bottle of Magnesium Citrate
2. Fleet's Enema

TWO DAYS BEFORE YOUR PROCEDURE:

You must stop eating the following foods: Salads, Nuts, Seeds, and Corn.

THE DAY BEFORE YOUR PROCEDURE:

1. Between 3:00pm and 4:00pm, drink the entire bottle of Magnesium Citrate.
2. You may only have clear liquids for dinner as outlined below.

You May Have:	You May <u>NOT</u> Have:
Water, Seltzer, Apple Juice, Sprite, Ginger Ale, Plain Jello (not red or purple), Bouillon or Clear Broth, Gatorade (not red or purple), White Grape Juice, Italian Ice (not red or purple), Black Coffee or Tea (no milk or creamer)	Gum, Solid Foods, Alcohol, Lemonade, Milk or Milk Products

3. Administer the Fleet's Enema before going to bed. **Save the bottle.**

THE DAY OF THE PROCEDURE:

1. On the morning of your exam, you may have a **SMALL clear liquid breakfast.**
2. Administer 2 tap water enemas BEFORE coming to the office for your procedure. Screw the top off of the Fleet's Enema bottle, fill it with tap water, and administer it. Repeat this a second time.

We strongly encourage all patients to leave all valuables (jewelry, cash, wallet, etc.) either at home or with the person accompanying you for your procedure.