Flexible Sigmoidoscopy

**Purchase 1 bottle (10oz.) of Magnesium Citrate and 1 Fleet Enema from your local pharmacy**

**1 DAY BEFORE YOUR PROCEDURE**
-Eat your usual breakfast and lunch.
-Take the bottle of magnesium citrate at 5pm and drink at least 3 or more 8 ounce glasses of clear liquids.
-Have only clear liquids for dinner. Clear liquids include water, Gatorade, clear fruit juice (apple or white grape), bouillon broth, Jell-O, popsicles, clear soda (7-up, Sprite, Ginger Ale), black coffee or tea (ok to use sweetener, NO DAIRY PRODUCTS). NO ARTIFICIAL RED COLOR (i.e. No red Jell-O, popsicles or Gatorade). NO SOLID FOODS, MILK OR MILK PRODUCTS.

**DAY OF YOUR PROCEDURE**
-Have clear liquids only for breakfast.
-Administer the fleet enema at least 2 hours before your scheduled procedure time.

THIS PROCEDURE CAN BE DONE WITH OR WITHOUT SEDATION. IF YOU CHOOSE TO HAVE SEDATION YOU **CANNOT** HAVE ANY FLUIDS FOR 3 HOURS PRIOR TO YOUR PROCEDURE.

If you decide to have sedation please arrange for someone to bring you home from your procedure. You will not be able to drive or take any other form of transportation alone. You must arrange for someone to be available that day to accompany you home by car, taxi or other public transportation.

Date________________________________________
Arrival Time___________________________________
Procedure Time_________________________________