

**PREPARATION INSTRUCTIONS FOR  
SIGMOIDOSCOPY USING:  
MAGNESIUM CITRATE & FLEET ENEMAS®**

Arrival Time: \_\_\_\_\_

Date: \_\_\_\_\_

Doctor: \_\_\_\_\_

Do these things **7 DAYS BEFORE** the procedure:

**Stop taking Iron. Continue taking your other medications.**

**If you are taking Coumadin or any blood thinner – call your doctor for special instructions.**

Buy two (2) bottles of FLEET Enemas (green and white box) and one (1) bottle of MAGNESIUM CITRATE (10 oz). FLEET enema is a brand of enema, which is available in most pharmacies without a prescription. Please follow the instructions on the package insert carefully to ensure a successful test.

**If you need to cancel your appointment, call (617) 638-6525 option #1.**

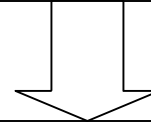
The entire visit will last approximately 2-3 hours.

Do these things **1 DAY BEFORE** the procedure:

**You may have a light breakfast, lunch, and supper.**

Following supper, drink one bottle of magnesium citrate (10 oz) between 4:00pm-6:00pm

*This laxative should result in frequent loose bowel movements (diarrhea).*



Do these things **THE MORNING OF** The procedure:

**Please use two FLEET ENEMAS two hours before you leave for the hospital. Once the fleet enemas are given do not eat or drink until the test has been completed.**

- **Take your normal medication with a sip of water. Please bring a list of current medications.**
- *Diabetics-if you take insulin, take one-half dose of insulin on the morning of the procedure. If you take a pill for your diabetes, you may skip it on the morning of the procedure unless instructed otherwise.*

*If you have problems completing this preparation, call the GI fellow on call (617) 638-5793*

Do these things **2 DAYS BEFORE** the procedure:

**Drink at least 8 glasses of water throughout the day.**

**Stop eating seeds, popcorn, nuts, whole grains, and green vegetables.**



**840 Harrison Ave, Boston MA 02118  
2<sup>nd</sup> Floor of the Menino Pavilion  
Across from the cafeteria  
617-638-6525 option#1**