

**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.

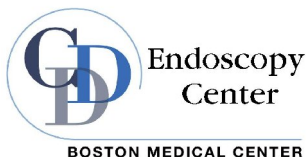
- **Take your normal medication with a sip of water. Please bring a list of current medications.**
- *Diabetics-if you take insulin, take one-half dose of insulin on the morning of the procedure. If you take a pill for your diabetes, you may skip it on the morning of the procedure unless instructed otherwise.*

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.



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617-638-6525 option#1