



## PREPARING FOR YOUR FLEXIBLE SIGMOIDOSCOPY (WITH SEDATION)

**Arrange to have a driver with you on the day of the procedure. We prefer that your driver stays in the waiting room throughout your procedure so that the driver is available at the time of discharge to hear the instructions that are given.**

### **DAY BEFORE YOUR EXAM:**

Purchase at any drug store the following items: (no prescription required)

- 10 ounce bottle of Magnesium Citrate or Citrate of Magnesium
  - Docolax Laxative tablets – you will need 2
  - 1 Fleet enemas
1. Eat a light breakfast before 8:00 am – suggestions: one boiled or poached egg or a small portion of skinless chicken/turkey or fish; white toast – no butter; one 8 fl. Oz can of Ensure. (DO NOT TAKE ENSURE PLUS). DO NOT EAT: vegetables, fruits, nuts, milk, cheese, beef, pork, lamb or whole grain cereals.
  2. Start a liquid diet at 8:30 AM until midnight prior to day of exam. Clear liquids include: coffee, hard candy, tea, water, soft drinks, apple or white grape juice, sport drinks (like Gatorade), Kool-Aid, clear broths, popsicles, flavored ice slushes or Jell-O. Please do not drink red, blue, or purple colored liquids. Gatorade is preferred. NO ALCOHOL.
  3. Drink at least 8 ounces of clear liquids per hour for 8 hours prior to drinking the solution (remember that you have all day to just drink liquids; you must be careful to not be dehydrated).
  4. At 1 PM drink 1 bottle of Magnesium Citrate (10 oz) with 8 fl. oz of water. (suggestion: chill the magnesium citrate, makes it easier to drink)
  5. At 7 PM take two (2) docolax tablets with a full glass of water. Do not chew or dissolve tablets. Do not take tablets within 1 hour of taking antacids and/or milk. This product may cause some abdominal discomfort, faintness, rectal burning, and cramps.
  6. Continue to drink clear liquids throughout the evening.

### **DAY OF EXAM:**

Please take your regularly scheduled medications.

If stool is noted in the morning, then use the fleet enema the morning of the exam approximately 2 hours before leaving home.

You may continue to drink clear liquids up until **TWO** hours prior to your examination.

**\*\* IF YOU HAVE ANY QUESTIONS ABOUT THIS PROCEDURE, PLEASE  
CALL US AT \*\* 614-754-5500**