

## PREPARING FOR YOUR FLEXIBLE SIGMOIDOSCOPY

### **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
  - ALTERNATIVE if **unable** to find Magnesium Citrate- Use Miralax- ½ bottle or 119gm (7 days dose) Mixed in 32 oz. of Gaterade
  - Dulcolax Laxative tablets – you will need 2
  - 1 Fleet enema
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) **OR** Miralax (7 capfuls) mixed in 32 oz. Gaterade
  5. At 7 PM take two (2) dulcolax 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 YOUR 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**