FLEXIBLE SIGMOIDOSCOPY PREPARATION
(CITRATE OF MAGNESIUM)

Patient Name ___________________________ Appointment Date ___/___/___

☐ Reno Endoscopy
☐ South Meadows Endoscopy
☐ Carson Endoscopy
☐ Other ___________________________

Your physician has decided that a flexible sigmoidoscopy examination is necessary to evaluate your lower colon (large intestine). Adequate cleansing of your colon prior to the examination is crucial for good results. Retained fecal material (stool) in the colon can hide important conditions that may be present. Therefore, it is very important that you follow the instructions as carefully as possible. If you have any questions, please call our procedure facility prior to your procedure so we may take care of any concerns well ahead of time.

Note that individual responses to laxatives may vary widely. You may experience mild abdominal cramping and expect a number of liquid bowel movements within several hours. You may also experience bloating and nausea. No laxative bowel preparation is pleasant. This solution has been developed to make your preparation as simple and effective as possible. Also, remain within easy reach of bathroom facilities once you start the preparation.

WHAT YOU WILL NEED:
Go to any drug store or pharmacy and purchase (2) Fleet Disposable Enemas and a 10oz bottle of Citrate of Magnesium (NOT CHERRY FLAVOR). You will not need a prescription for these items.

SPECIAL CONSIDERATIONS:
If any of the following apply to you, please let us know in advance of the examination so that we can provide special instructions:
- You take Coumadin (blood thinner)
- You have an artificial heart valve or other condition requiring antibiotics
- You have diabetes

Special Instructions:
One week before the examination: ______ 

- Do not eat any products containing OLESTRA fat substitute. (Found in some fat-free products. Read labels carefully). Do not consume any supplements containing fish oil.

The day before the procedure: ______ 

- **DO NOT EAT ANY SOLID FOOD AFTER 3:00 P.M.**
- In preparation for the procedure, **drink one 10oz bottle of Citrate of Magnesium between 5 and 7 p.m.** the night before the procedure. This should be followed by a clear liquid meal and a 12 oz glass of water each hour for the next 3 hours.
- Continue drinking plenty of clear liquids throughout the evening. The next day you may continue clear liquids up until the time of your examination.
- To insure the best possible results from the procedure, you must strictly adhere to the **CLEAR LIQUID DIET** listed below.
- **FOODS ALLOWED**: water, clear fruit juices (pulp-free, **no red or purple**), soft drinks (**no red or purple**), strained soups and bouillon, Jello-O (**no red or purple**), Popsicles (no red or purple), black coffee or tea and Lifesavers (**no red or purple**).
- **AVOID ALL**: fruits, vegetables, nuts, milk products, meats, breads, cereals, and alcohol.

The day of the procedure: ______ 

**IF YOU ARE ALSO HAVING A GASTROSCOPY THEN YOU MAY HAVE CLEAR LIQUIDS UP TO FOUR HOURS PRIOR TO YOUR EXAMINATIONS. YOU WILL NEED TO ARRANGE FOR TRANSPORTATION, SOMEONE WILL NEED TO BE WITH YOU OR DRIVE YOU, SINCE YOU WILL BE SEDATED AND UNABLE TO DRIVE FOR THE REMAINDER OF THE DAY.**

- You may continue clear liquid diet until 4 hours prior to your exam.
- **ONE HOUR BEFORE YOU LEAVE HOME**: insert one Fleets Enema rectally as directed, hold for as long as possible, then evacuate. Wait 15 minutes then repeat with the second enema. *(If you live out of town arrangements can be made to do the enemas at our facility).*
- If you are coming from out of town or staying at some place other than your main residence, please call our office and leave a number where you can be reached.
- Co-Pay, Co-Insurance and Deductible amounts are due at the time of service. Please be prepared to pay for said fees on the day of your procedure.
- Please leave all valuables at home. We are not responsible for valuables brought into or left in our endoscopy centers.
- **Please be aware** that **nail polish** may be removed during exam for your safety.
- **Please be aware** that **dentures will be removed during exam** for your safety.

**PLEASE CALL PRIOR TO YOUR APPOINTMENT WITH ANY QUESTIONS YOU MAY HAVE.**

**OUT OF TOWN PATIENTS MAY CALL (800) 442-0041**