

# FLEXIBLE SIGMOIDOSCOPY

Prep Instructions - Split

DATE \_\_\_\_\_ TIME \_\_\_\_\_

## NEED TO PURCHASE:

- Two fleet enemas (in the green and white box)
- One bottle of Citrate Magnesium

## GENERAL INSTRUCTIONS

- Please take your **BLOOD PRESSURE, HEART and LUNG** medications the morning of your procedure with a very small sip of water.

## DAY BEFORE PROCEDURE:

Step 1: Light breakfast followed by a clear liquid diet. **NO RED DYE.**

Step 2: At 5:00 pm drink the entire bottle of Citrate of Magnesium. **Remain close to a restroom.** Continue clear liquids until midnight.

## DAY OF PROCEDURE:

Step 3: Two hours before your procedure, the enemas must be completed.

- Insert one enema and expel it
- Wait 15 minutes
- Insert second enema and expel it

**\*\*\*\*NOTHING TO EAT OR DRINK AFTER MIDNIGHT\*\*\*\***

Please note you will be at the hospital or center for approximately 2 hours.

If you have questions, please call our patient line at (561) 964-8221.