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GASTROENTEROLOGY
HEPATOLOGY
ENDOSCOPY
INTERNAL MEDICINE

DIRECTIONS FOR SIGMOIDOSCOPY PREP:

You will need to purchase two (2) **regular** four ounce (4 oz.) *Fleet* enemas and one (1) ten-ounce (10 oz.) Bottle of magnesium citrate. These are available without a prescription and can be purchased at any local drug store. If you have serious kidney disease or are on dialysis, notify us and do not take the preparation.

You may have a light **early** dinner the night prior to the examination. Two hours after dinner the night prior to the examination, you will drink the entire ten-ounce bottle of magnesium citrate. Expect diarrhea for several hours. You may have clear liquids **only** for breakfast on the morning of the examination. Clear liquids consist of: strained juices, black coffee, tea, jello, broth, 7-up, Ginger ale, Sprite, etc.

Your appointment is at _____ on _____, the _____ of _____.

Please use one of the enemas (follow the directions on the box) at least one and a half hours before leaving for the appointment and the second enema thirty minutes later.

Inform your physician if you have heart or kidney disease or if you have been advised to use antibiotics before surgical or dental procedures. Under some circumstances, antibiotics may be used prior to sigmoidoscopic examinations. If you are a new patient to our office, please arrive a few minutes early in order to complete our patient information sheet.

If you have any questions, please feel free to call us at the number above.