



FLEXIBLE SIGMOIDOSCOPIES (DONE IN OFFICE)

PATIENT'S NAME: _____

APPOINTMENT DATE AND TIME: _____

INSTRUCTIONS: (PHYSICIAN TO CHOOSE WHICH BOWEL PREPARATION YOU WILL NEED)

1. _____ Buy two (2) Fleets Enemas. No prescription is needed.
Give yourself one (1) Fleets Enema two (2) hours before your appointment time.
Give the second (2nd) enema one (1) hour before leaving for the doctor's office.
2. _____ Buy one (1) 10 oz. bottle of Magnesium Citrate and one (1) Fleets Enema. No prescription is needed. After your noon meal, **the day before the test**, drink the entire 10 oz. bottle of Magnesium Citrate. It will taste better chilled and poured over ice. Give yourself one (1) Fleets Enema one **(1) hour before leaving for the doctor's office.**

DIET MODIFICATIONS:

1. You will have **NO** restrictions with your diet the day before the procedure.
2. The day of the procedure, you may have full liquids. Full liquids include: milk or milk products, creamy soups (without the solids), plain yogurt, or plain ice cream.

NOTE: Do not take aspirin, medications containing aspirin such as Advil, Aleve, Ibuprofen, Coumadin, or any blood thinning medication for five (5) days prior to the procedure.

SPECIAL INSTRUCTIONS: _____

Instructions Given By: _____ Date: _____

Patient's Signature: _____ Date: _____