

Name: \_\_\_\_\_

Date/Time: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Date Of Birth: \_\_\_\_\_

**JAMES D. TOROSIS, MD**

**VICKY W. YANG, MD**

**DANIEL S. RENGSTORFF, MD**

**CYNTHIA W. LEUNG, MD**

LOCATION: \_\_\_\_\_

## **FLEXIBLE SIGMOIDSCOPY**

### Preparation Instructions

#### Preparation for the procedure:

**Purchase over the counter:** ♦ One 10oz bottle of Citrate of Magnesia  
♦ Two Fleet enemas

**If you are taking any blood thinners** (coumadin, plavix, xarelto, pradaxa, effient or similar)  
**Please check with your doctor when you should stop this medication**

**\*\*Please stop your \_\_\_\_\_ on \_\_\_\_\_\*\***

#### **THE DAY BEFORE THE PROCEDURE:**

♦ At approximately 3:00pm, take ½ bottle (5oz) Citrate of Magnesia.

♦ For dinner, you may not have any solid foods. You may drink only **CLEAR LIQUIDS**. Acceptable clear liquids include: coffee/tea with sweetener only, beef/chicken broth, apple juice, white grape or white cranberry juices, Gatorade, soda pop, popsicles, and Jell-O. Please, no red or purple colors

**You may continue to drink clear liquids until 2 hours pre-procedure.**

**\*\*NOTHING by mouth for 2 HOURS BEFORE PROCEDURE or your procedure will be cancelled\*\***

#### **THE MORNING OF THE PROCEDURE:**

♦ Please self-administer the two Fleet enemas according to the package directions. The first one is to be given approximately 90 min prior to your exam. The second enema is to be given 30 minutes after the first.