

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 SIGMOIDOSCOPY

Preparation Instructions

Preparation for the procedure:

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

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 not have anything to eat or drink after midnight, except for your morning medications.

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 1 hour prior to your exam. The second enema is to be given 15 minutes after the first.