Patient Name: _____

Patient DOB: _____/_____/_____

Location: AEC 3351 El Camino Real, Suite 220, Atherton CA 94027

Procedure Date/Time: _____ Check In: _____

□ **JAMES D. TOROSIS, M.D.**

□ **VICKY W. YANG, M.D.**

□ **DANIEL S. RENGSTORFF, M.D.**

□ **CYNTHIA W. LEUNG, M.D.**

□ **MADHURI BADRINATH, M.D.**

Flexible Sigmoidoscopy Preparation Instructions

5 DAYS BEFORE THE PROCEDURE

At the pharmacy, purchase over the counter 1 10-oz bottle of Citrate of Magnesia and 2 Fleet enemas

If you take blood thinners, (Coumadin, Plavix, Xarelto, Pradaxa, Effient or similar) please check with your doctor when you should stop this medication.

****PLEASE STOP YOUR _____ ON _____.**

*****GLP-1 AGONISTS (like Wegovy, Ozempic, and Mounjaro) NEED TO BE HELD 1 WEEK PRIOR TO PROCEDURE*****

1 DAY BEFORE THE PROCEDURE

At 3:00PM,take ½ of the bottle of Citrate of Magnesia (5 oz)

For dinner, you may not have any solid foods. Stay on a “Clear Liquid Diet”. Clear liquids include clear juice, tea, Jello, broth, coffee without cream – anything you can see your fingers through. Avoid red or purple colors please!

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

THE DAY OF THE PROCEDURE

90 minutes prior to your exam, self-administer the first Fleet enema according to the package directions.

30 minutes after the first enema, self-administer the second enema according to the package directions.