

PREPARING FOR YOUR FLEXIBLE SIGMOIDOSCOPY

Day Before Your Exam:

Purchase at any drug store the following items: (no prescriptions required).

- 10oz bottle of Magnesium Citrate or Citrate of Magnesium
 - ALTERNATIVE if **unable** to find Magnesium Citrate - Use Miralax - ½ bottle or 119gm (7-day dose) mixed in 32oz of Gaterade.
 - Dulcolax laxative tablets - you will need 2.
 - 1 Fleet enema.
1. Eat a light breakfast before 8:00AM
 - a. Suggestions: one boiled or poached egg or a small portion of skinless chicken, turkey, or fish; white toast (no butter); one 8oz can of Ensure (DO NOT take Ensure Plus).
 - b. DO NOT eat vegetables, fruits, nuts, milk, cheese, beef, pork, lamb, or whole grain cereals.
 2. Start a liquid diet at 8:30AM until midnight prior to day of exam.
 - a. Clear liquids include coffee, hard candy, tea, water, soft drinks, apple or white grape juice, sport drinks (like Gatorade), Kool-Aid, clear broths, popsicles, flavored ice slushes or Jell-O. Please do not drink red-, blue-, or purple-colored liquids. Gatorade is preferred. NO ALCOHOL.
 3. Drink at least 8oz of clear liquids per hour for 8 hours prior to drinking the solution (remember that you have all day to just drink liquids; you must be careful to not be dehydrated).
 4. At 1PM drink 1 bottle of Magnesium Citrate (10oz) with 8oz of water.
 - a. Suggestion: chilling the Magnesium Citrate makes it easier to drink **OR** Miralax (7 capfuls) mixed in 32oz Gaterade.
 5. At 7PM take 2 Dulcolax tablets with a full glass of water. Do not chew or dissolve tablets. Do not take tablets within 1 hour of taking antacids and/or milk. This product may cause some abdominal discomfort, faintness, rectal burning, and cramps.
 6. Continue to drink clear liquids throughout the evening.

Day of Your Exam:

- Please take your regularly scheduled medications.
- If stool is noted in the morning, then use the fleet enema the morning of the exam approximately 2 hours before leaving home.
- You may continue to drink clear liquids up until 2 hours prior to your arrival time.

Questions?

Call our office during business hours (8:00am - 4:30pm) at 614-754-5500 or visit ohiogastro.com