

FLEXIBLE SIGMOIDOSCOPY PREP INSTRUCTIONS

MEDICATIONS REQUIRED:

The patient will need to purchase the following prep medications prior to the exam (all are available over the counter at the pharmacy):

- 1 bottle of Magnesium Citrate (any flavor)
- 1 Fleets Enema (saline)

PREPARATION INSTRUCTIONS:

- 1 day prior to exam, eat a regular breakfast and a light lunch
- Start a clear liquid diet at 2:00 pm
- Drink the bottle of Magnesium Citrate at 6:00 pm over 1 hour
- Continue to drink clear liquids until midnight and then nothing by mouth after midnight
- 3 to 4 hours prior to the confirmed arrival time, administer the Fleets Enema