



# Unsedated Flexible Sigmoidoscopy

## Patient Preparation Instructions

(For patients with **no** history of renal failure)

APPOINTMENT DATE: \_\_\_\_\_

ARRIVAL TIME: \_\_\_\_\_

<b>Items to Purchase</b>
One 10 ounce bottle of Magnesium Citrate Two fleet enemas
<b>Reminders</b>
<ul style="list-style-type: none"><li>• Please bring your insurance card(s) to the appointment.</li><li>• Contact our office at <b>(336) 448-2427 (option 6, then option 2)</b> if you have any questions about your prep or if there are any changes in your medical history between the day of scheduling and the appointment date.</li><li>• We require a notice of 2 business days if there is a need for change or cancellation of your procedure.</li></ul>
<b>Medications</b>
Take any necessary medications at least <b>4 hours prior</b> to your arrival time. <b>Diabetes:</b> Contact the prescribing physician regarding instructions for diabetic medication the day before and the day of the procedure. <b>DO NOT TAKE oral</b> diabetic medication the day of the procedure. <b>Blood Pressure:</b> <b>DO NOT SKIP</b> any doses of your blood pressure medication. <b>Inhalers and Nebulizers:</b> May be used up to the time of your procedure. You main remain on Aspirin unless otherwise instructed.
<b>Day Before Procedure</b>
<ul style="list-style-type: none"><li>✓ <b>4:00pm:</b> You may have <b>NO SOLID FOODS</b> after this point. You may consume a clear liquid diet. Clear liquids may include water, soft drinks, coffee or tea without cream, popsicles, broth/bouillon, Jell-O, non-pulpy juice, etc. <b>DO NOT consume anything red in color OR dairy products.</b></li><li>✓ <b>6:00pm – 7:00pm:</b> Drink the full 10 ounces of Magnesium Citrate.</li></ul>
<b>Day of Procedure</b>
<ul style="list-style-type: none"><li>✓ You may continue a clear liquid diet. Clear liquids may include water, soft drinks, coffee or tea without cream, popsicles, broth/bouillon, Jell-O, non-pulpy juice, etc. <b>DO NOT consume anything red in color OR dairy products.</b></li><li>✓ <b>3 hours prior to arrival time:</b> Take a fleet enema by rectum. Try to hold the enema for 5 minutes.</li><li>✓ <b>2 hours prior to arrival time:</b> Take a 2nd fleet enema by rectum. Try to hold the enema for 5 minutes.</li></ul>