

## Preparing for Flexible Sigmoidoscopy – Magnesium Citrate and Fleet Enema Prep

Date of your scheduled colonoscopy: \_\_\_\_\_

You will be called one day prior to the procedure by the surgery center with the time of your procedure.

- **General preparation**

- Make arrangements for copay and deductibles with surgery center
- Please call at least 3 days prior to the procedure with cancellations as a courtesy to others
- Do not take diabetic medications the evening prior or the morning of your procedure; if you are diabetic make sure that your clear liquids contain sugar so that your levels do not drop during preparation
- Please call the office at (727) 232-2462 at any time if you have any problems, questions, or concerns

- **7 days prior to the procedure**

- **PURCHASE** (all over the counter) two bottle of magnesium citrate and 2 fleet enemas
- Stop taking NSAID medications (examples include but are not limited to Advil, Aleve, Celebrex, Ibuprofen, Naprosyn), Vitamin E, Multi-vitamins, diet pills, or other herbal supplements
- You may take Tylenol as needed
- If you take blood thinners (examples include but are not limited to Coumadin, Plavix, Xarelto, Pradaxa, Eliquis, Brilinta, Aggrenox), make sure that you have discussed with your physicians whether and when you may stop taking these medications prior to the procedure
- You **MUST** arrange for a driver to accompany you; the procedure will not be performed otherwise

- **1 day prior to the procedure**

- Take only clear liquids all day, and plenty of them to avoid dehydration; you may have soda, broth, apple juice, coffee or tea without milk, and popsicles, but **no alcohol** or anything red in color
- Starting at about 7pm, drink two bottles of magnesium citrate
- Nothing to eat or drink after midnight
- Bowel movements typically begin a couple of hours after starting prep
- It is common to have some nausea or abdominal cramping; a small amount of rectal bleeding can also occur

- **Day of the procedure**

- Two hours prior to your procedure, give yourself two fleet enemas
- Take only your blood pressure medication and any other heart or lung medications discussed with your doctor at 6AM, with a sip of water