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Flex Sigmoidoscopy Prep

Preparation the Day Before Procedure:

Date: _____

- **NO solid foods the day before your procedure.**
- **Full liquid diet ALL DAY.**
- **Clear liquids you may have include: Water, fruit juices, tea, milk, shakes, smoothies, coffee, sports drinks, popsicles, gelatin, chicken broth, beef broth, vegetable broth, and hard candy.**
- **Do NOT eat or drink anything RED OR PURPLE.**
- **No alcoholic beverages.**
- **No oral diabetic medications on the prep day (pills).**
- **If you take insulin, take 1/2 morning dose and no insulin in evening.**
- **Drink 1 bottle of Magnesium Citrate around 5:00 PM.**
- **Follow that bottle of Magnesium Citrate with 16 ounces of clear liquids.**
- **Please be sure to drink plenty of liquids before, during, and after the bottle of Magnesium Citrate. This will ensure successful preparation for your procedure.**
- **NOTHING by mouth after midnight. This includes chewing tobacco, chewing gum, and hard candy.**
- **You may have a sip of water the morning of your procedure to take blood pressure, heart, and seizure medications.**
- **Hold all other medications until after procedure.**
- **You will need a driver for the day of your procedure.**
- **Please call us if you have any questions.**