

Preparation for Flexible Sigmoidoscopy

With Sedation

Without Sedation

Purchase (at any drug store or pharmacy):

- ✓ Fleet Saline Enemas™ (green box) – two boxes, and
- ✓ Citrate of Magnesia – one bottle

The evening before the procedure:

- ✓ Take 8 oz. of Citrate of Magnesia. This will generally produce a bowel movement within 2-6 hours, or occasionally the next morning.

On the day of your procedure two to four hours before your scheduled appointment:

- ✓ Take the first Fleet saline enema. Follow the directions on the enema bottle. Retain the enema for 10-15 minutes, or as long as possible, before evacuating.
- ✓ Repeat the procedure immediately using the second enema.

If sedation is being considered by your physician:

- ✓ No solid food for eight (8) hours prior to your scheduled appointment.
- ✓ You may drink clear liquids up to two (2) hours prior to your scheduled appointment. Clear liquids are black coffee (no milk or cream), plain tea (no milk or cream), soft drinks, sports drinks (i.e. Gatorade), strained fruit juices (no pulp), bouillon, broths/ popsicles, and Jell-O and water.
- ✓ You can take medications with a sip of water.

Please contact us with any questions related to the procedure or bowel preparation:

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