

# SIGMOIDOSCOPY MAGNESIUM CITRATE

**This exam requires careful preparation!**

**Read through these instructions carefully at least 7 days prior to your procedure.  
Call office at 601-355-1234 with questions.**

PATIENT NAME \_\_\_\_\_

PATIENT ID \_\_\_\_\_

DOCTOR \_\_\_\_\_

Date: \_\_\_\_\_ Check-In Time \_\_\_\_\_  AM  PM

Location \_\_\_\_\_

**Notify the office, as soon as possible at (601) 355-1234:**

- If you have had any changes in your medical history or medications, and/ or you have recently been in the hospital or emergency department since you scheduled your procedure.
- If you experience severe nausea and vomiting and are unable to keep the prep down.
- If you have fever or any symptoms of the flu, COVID, or other respiratory infections within two weeks of your procedure or if you have been exposed to someone who has had the flu or COVID.
- If you must cancel your procedure. There will be a fee of \$150.00 if not cancelled at least 48 hours in advance.

## **IMPORTANT**

It is very important that you follow the full program of preparation. The results obtained from the exam are dependent on your colon being carefully cleansed and empty. An improperly prepared bowel may mean the exam will have to be repeated at another time; and more importantly, fecal matter left in the bowel can hide conditions that may be present.

**Responsible Adult** - You will be given medication to make you sleepy. You must have a responsible adult, 18 years of age or older, to drive you home. In the event the driver is a licensed minor, a secondary adult must be available to sign the discharge paperwork.

### **A WEEK BEFORE your procedure, you will need to:**

- Purchase (1) 10-ounce bottle of Magnesium Citrate (clear in color).
- Purchase (2) disposable enemas, such as Fleet's.
- Purchase items for a clear liquid diet.

### **The DAY BEFORE your procedure**

#### **12:00 PM – Start clear liquids only! Absolutely No Solid Food** until your procedure is completed

- You may have clear liquids, as much as you would like, all throughout the day. Clear liquids include water, clear juice, black coffee, tea, broth, Jello, soft drinks, and popsicle (nothing red, no dairy products, no orange juice or alcohol). Drink all the clear liquids you want. Stay hydrated.

#### **6:00 PM – Drink the 10-ounce bottle of Magnesium Citrate and then 8 ounces of water**

- You may continue to have clear liquids tonight.

### **THE DAY OF your procedure, Absolutely No Solid Food.**

#### **In the morning, prior to leaving home: Use 2 disposable enemas.**

- You may have clear liquids until 3 hours before arriving and then **NOTHING to EAT or DRINK!**
- **Take** blood pressure, heart, and seizure medication(s) at least 3 hours before your arrival time.
- **Use** respiratory inhalers, as directed, on the day of your procedure and bring inhaler(s) with you.
- **DO NOT take** your diabetic medications (pills and/or insulin). If on an insulin pump, continue just basal rate.
- **Bring** your medication list with dose and strength, insurance card(s), and identification or driver's license.
- **DO NOT** wear jewelry/watch or bring valuables. We are not responsible for broken or lost items.

**(3 hours before arriving) **NOTHING to EAT or DRINK!**  
**NOT EVEN A SIP OF WATER!****

