FLEX SIGMOIDOSCOPY PREP with Magnesium Citrate and Dulcolax

Thank you for choosing us for your health care needs. This information is to help answer and give you instructions to follow. If you have any questions, please ask your doctor or nurse.

You have been scheduled for a Flex Sigmoidoscopy on ________________ @ ___________. You are to report to Special Procedures Endoscopy in the Main Hospital on the first floor. Arrive 30 minutes prior to this time for check in. Park in the 15th Street parking deck. Please bring with you a list of all medication you currently take.

The Flex Sigmoidoscopy allows the physician to exam the lower portion of the colon. To allow the physician good visibility, you must follow the preparation instructions designated for you.

Your physician has ordered the Magnesium Citrate prep below. You will need to purchase 1 bottle of Magnesium Citrate and 1 Dulcolax suppository from any pharmacy prior to starting the prep procedure. These are designed to clean you out.

THE EVENING BEFORE THE PROCEDURE

- You are to have a clear liquid diet (attached) for the evening meal. No solid food the evening before your procedure. You may continue clear liquids until midnight.
- At 8 p.m. drink 1 bottle of Magnesium Citrate followed by 2 full glasses of water.
- Do not eat or drink anything after midnight the night before your procedure.
- On the morning of your procedure, place 1 Dulcolax suppository in your rectum at least 1½ hour before you plan to leave home to come to the hospital for your procedure.

Diabetics, please do not take diabetic tablets or insulin the morning of the test. Bring your diabetic medications, syringe and glucometer with you when you come to the hospital for this procedure.

If you are on heart, blood pressure or seizure medications, you should take that medication on the morning of your procedure with just enough water to swallow safely.

If you have questions about the procedure or need to change or cancel your appointment, call 706-721-7232. IF you are calling long distance, call 800-736-CARE, extension 7232.

Please call 706-721-7232 Special Procedures Endoscopy, for information about your appointment. Please have available you Doctor’s name and the name of your procedure.