

Bowel Preparation Instructions:

Flexible Sigmoidoscopy

Magnesium Citrate Bowel Preparation

It is very important to follow all the instructions to prepare for your test. Your body must be clean so the doctor can see during the test. Many patients feel that the bowel preparation is the hardest part of the test.

Preparing for the test

You will be using a **Magnesium Citrate** bowel preparation to clean out your body. Please follow all instructions. To get ready for your test, please buy items from your pharmacy for the bowel preparation.

If you have a history of renal failure or kidney disease, you should **not** take a **Magnesium Citrate** bowel preparation and call the doctor that prescribed the flexible sigmoidoscopy.

Medications to buy:

- One 10-ounce bottle of Magnesium Citrate
- 2 Fleets enemas

(No prescription is necessary)

You will receive a phone call from a nurse and/or from registration 5 to 7 days before your test. They will ask questions to help get you ready for your test, to talk about your health; and to help you understand which medications you can or cannot take before the test. If you have **ANY** questions regarding these instructions, please call us at **(320) 229-4974**, Monday through Friday between 8:00 a.m. and 4:30 p.m. You may also call us toll free at 1-844-795-1734. If you need to reschedule your appointment please call **(320) 229-4933**.

Five (5) days before your flexible sigmoidoscopy

- **Avoid** taking medications that will stop diarrhea – Examples: Imodium or Pepto-Bismol.
- **Avoid** taking fiber medications or supplements – Examples: Metamucil or Citrucel.
- **Avoid** taking iron supplements or products that contain iron – Example: Multi-vitamins.
- **Avoid** taking vitamin E supplements or medications.

Three (3) days before your flexible sigmoidoscopy

- **Begin a low fiber diet – Avoid** eating high fiber foods – Examples: Popcorn, seeds (flax seeds, sunflower, and quinoa), multigrain breads or pasta, nuts, granola, salads, raw vegetables, or fresh and dried fruits. Limit the amount of meats.

Two (2) days before your flexible sigmoidoscopy

- Increase your water intake (eight glasses of water is recommended).

The day before your flexible sigmoidoscopy

- Start your **clear liquid diet**. Do **not** eat **any** solid foods the **entire** day before the test.
- **At 6 p.m.**, drink the **entire** bottle of **Magnesium Citrate**.
- You will want to be near a bathroom once you start drinking the **Magnesium Citrate**. You will have diarrhea and will need to be able to reach a bathroom quickly.
- You may drink only **water** until **midnight**.

The day of your flexible sigmoidoscopy

- You may take your medications in the morning with a **sip of water**.
- You may **only** drink **water** until **four hours before** your scheduled **arrival** time.
- Remember **do not any solid foods**.
- **One hour** before you leave home take the **first** Fleets enema.
- **30 minutes** before you leave home take the **second** Fleets enema.
- You may be directed by your doctor to come in early prior to your procedure to complete the Fleets enemas.