



## **SIGMOIDOSCOPY BOWEL PREP / PRE PROCEDURE INSTRUCTIONS**

### **Reminders:**

Purchase over the counter 6oz. Citrate of Magnesium, 2 Dulcolax tablets, and Fleet Enema ONE (1) week prior to procedure.

Review bowel prep instructions 1 week prior to procedure to avoid last minute confusions.

### **Instructions:**

#### **A. Day Before Procedure**

1. You may eat Breakfast
2. GO ON CLEAR LIQUID DIET FOR LUNCH AND DINNER. (eg: jello, clear broth, popsicles, tea, strained juices including apple and white grape.)
3. At 4pm, drink 3 oz of Citrate of Magnesium (this is a laxative)
4. At 8pm, drink 2 oz of Citrate of Magnesium and take 2 Dulcolax Tablets.

#### **B. Midnight Before Procedure**

1. Have NOTHING to eat or drink after midnight.

#### **C. Morning of Procedure**

1. Take fleet enema THREE (3) hours before the procedure time.

### **Important Considerations**

If you're taking Aleve, Ibuprofen, Motrin, iron supplements, fish oil, Celebrex, Naprosyn or Vitamin E, stop taking them 7 days prior to procedure. You may use Tylenol. If you're taking Coumadin, Aspirin, Ticlid, plavix, Eliquis, Prodaxa, Xarelto, or Brilinta, Please ask your prescribing doctor for instructions regarding stopping these medications.

If your diabetic(to avoid dangerously low blood sugars) and taking insulin, please inform your physician/prescriber regarding proper adjustment of insullin.

If your taking oral diabetic medications, follow our instructions or the prescriber's instructions

If your unsure about taking any medications, please call our office.

Do not stop blood pressure or heart medications unless told by us or the prescriber.

If your a smoker, it is advised not to smoke at least 6 hours prior to the procedure.

**\*NOTE: Failure to take the Bowel Preparation as indicated may result in a poorly cleansed colon. Please leave all jewelry including belly button rings and tongue rings at home.**