

Patient Name:

Procedure Date:

Arrival Time:

Flexible Sigmoidoscopy Bowel Preparation

Prep items to purchase:

- 1 10 oz bottle of Magnesium Citrate
- 1 Fleets enema (green & white box)

The Day Before Your Procedure:

You may eat a regular diet the day before your procedure

At 6:00pm-

- Take one 10-ounce bottle of Magnesium Citrate

The Day of Your Procedure:

You may have CLEAR LIQUIDS ONLY on the day of your procedure

One Hour Prior to Your Arrival-

- Using the directions on the enema's packaging, use the enema 1 hour prior to your arrival time. (Please consider your travel time)

Clear liquids are anything you can hold up to the light and see through.

You **MAY NOT** have anything that is **red or purple**

- Water
- Coffee – **without** milk, non-dairy creamer, or cream
- Tea – **without** milk, non-dairy creamer, or cream
- Carbonated beverages (such as Coke, Diet Coke, Ginger Ale, Sprite)
- Gatorade
- Kool-Aid
- Strained fruit juices (no pulp) such as apple, lemonade, etc.
- Clear broth (chicken, beef, vegetable)
- Clear flavored Jello
- Popsicles or water ice
- Clear hard candy, sugar, honey and lemon are OK to use

AVOID these foods the day of your procedure:

- All solid food
- Milk, milk drinks, cream, non-dairy creamer
- Orange juice
- Fruit juice with pulp
- Alcoholic beverages

Please call our office if you have any questions at 610-431-3122

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Prep instructions, patient forms and FAQ's can be found on our website: www.westchesterendocenter.com