

**Sigmoidoscopy Preparation Instructions**

**Your Sigmoidoscopy is scheduled for** \_\_\_\_\_

**Please arrive at** \_\_\_\_\_ **for your exam at** \_\_\_\_\_

1. Purchase 2 Fleets enemas and 1 ten-ounce bottle of magnesium citrate (NOT cherry flavored). These items are available over the counter.
2. Do not eat or drink 4 hours prior to the exam.
3. Drink the magnesium citrate at approximately 7am the morning of the exam followed by 3 glasses of water.
4. At approximately 9am on the day of the exam take the first Fleet enema and then take the second Fleet enema at approximately 11am.
5. No aspirin, ibuprofen, or blood thinning medications should be taken one week prior to the exam.
6. Daily medications may be taken as usual up until midnight the night before the procedure. If you take morning medications, you may take them **AFTER** the procedure.
7. **Because you will receive sedation during the exam you will be required to have someone drive you home and remain with you after your sigmoidoscopy for the remainder of the day.**

If you have any questions or concerns, please contact our office at 543-3500