

Sigmoidoscopy Dulcolax Magnesium Bowel Prep

Gastroenterology Outpatient Procedure Center
Medical Office Building 2 ♦ 3rd floor ♦ Suite 322
Phone: (916) 688-2028/6237 ♦ Cancellation Line: (916) 688-2570
Hours of Operation: 7:45am – 4:30pm.

PROVIDER: _____ DATE & TIME: _____

Due to parking, please arrive 20-30 minutes early. The Clinic opens at 7:45 A.M.
If you need to cancel your appointment, please call at least 72 hrs prior to appointment time.

MAGNESIUM CITRATE & DULCOLAX BOWEL PREP INSTRUCTIONS:

IMPORTANT NOTICE: *If you have kidney problems or uncontrollable high blood pressure, you may NOT take this preparation. Please call the GI Department for an alternative preparation.*

REQUIRED PREP KIT: You will need to purchase three 5mg **Dulcolax (Bisacodyl)** tablets and one **10 ounce bottle of (Lemon) Magnesium Citrate** (no prescription needed). The medications can be purchased at the Kaiser Pharmacy or any pharmacy of your choice. No prescription is needed and prices vary from store to store.

48 HOURS (2 Days) BEFORE PROCEDURE: DO NOT TAKE IRON PILLS, VITAMIN E OR NON-STEROIDAL ANTI-INFLAMMATORY MEDICATION such as Aspirin and Ibuprofen (Advil, Aleve, Motrin, Nuprin, Medipren or Clinoril, Feldene and Naprosyn). This is to avoid bleeding in case the health provider decides to perform a biopsy.

1. **If you take blood pressure or heart medications, continue to take them.**
2. **If you are taking aspirin every day because of a medical condition, consult your physician.**
3. Tylenol or acetaminophen products are okay to use.
4. If you take insulin for diabetes, please call your primary care physician prior to the procedure.

24 HOURS (1 DAY) BEFORE PROCEDURE: NO SOLID FOODS or ALCOHOL
Clear liquids ALL DAY

DIET: Clear liquid diet throughout the day.

1. **At 9:00 am take 3 Dulcolax (Bisacodyl) tablets.** Continue clear liquid diet all day.
2. **At 3:00 pm drink one (1) 10 ounce bottle of (Lemon) Magnesium Citrate.** After drinking the Magnesium Citrate, you are to drink an additional 8-10 ounce glass of water in addition to clear liquids. The more liquids you drink the better the preparation (bowel cleansing) will be.
3. Continue to take all of your medications with the exception of Aspirin, Anti-Inflammatory and blood thinner medications as mentioned above. You are encouraged to continue to drink clear liquids until you go to bed.

DAY OF PROCEDURE: NO SOLID FOODS or ALCOHOL

Continue clear liquid diet. Do not eat any type of solid food. You are encouraged to drink unlimited amounts of clear liquids prior to the sigmoidoscopy exam to prevent dehydration from the laxative. For your comfort, use Preparation H, Vaseline, Desitin, or similar products if hemorrhoids become irritated due to bowel movements.

 **KAISER PERMANENTE** 6600 Bruceville Road, Sacramento CA 95823

Avoid red and liquids with pulp.

Beverages	Broth	Desserts
Water Sprite, 7-Up, Ginger Ale Gatorades, Kool-Aid Tea or coffee (no milk or cream) Apple Juice, White grape juice	Consommé Chicken Broth Beef Broth Vegetable Broth Bouillon	Jell-O Popsicles Clear hard candy (mints/butterscotch)

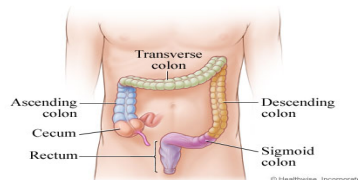
If you do not follow these instructions closely, you may not be clean enough for the exam, which will require another prep and another appointment.

CLOTHING: For your comfort, please wear comfortable clothes to your appointment. Do not wear pantyhose, girdles, high-heeled shoes, tight belts or waistbands.

JUST FOR YOUR INFORMATION:

Your provider has recommended this procedure for colon cancer screening or for investigation of symptoms that could be from conditions of the lower part of your colon. These tests are used to look for abnormal growths (such as tumors or polyps), inflammation, bleeding, hemorrhoids, and other conditions (such as diverticulosis).

The flexible sigmoidoscope is gently introduced into the rectum and advanced into the colon. You may experience some discomfort and/or pain during the procedure. Afterwards, you may have some cramping and bloating from the air that was instilled during the procedure. You will feel better after you pass the air. The procedure takes about 10 minutes. If any abnormal tissue is seen, a biopsy forceps can be passed through the sigmoidoscope in order to sample it for pathology.



The **benefits** of the procedure include but are not limited to:

1. Aid in the diagnosis of diseases, colon cancer, and precancerous growths affecting the lower part of the colon.
2. Ability to biopsy abnormal tissue through the scope.

The **risks** of the procedure are infrequent. They include, but are not limited to:

1. Perforation (making a tear or hole in the wall of the colon), possibly requiring surgery to correct.
2. Excessive bleeding from biopsies or polyp removals, possibly requiring transfusion or surgery to correct.
3. Infection.

To manage your Health Plan, e-mail your doctor anytime, view lab results, etc., sign up for kp.org.

For online information on how to prepare for your procedure follow the instructions below:

- Log on to kp.org/mydoctor and find your physician's Home Page.
- Select the "**Prepare for your Procedure**" link on the left side of the screen.
- Register to begin.
- Select Gastroenterology GI

 **KAISER PERMANENTE** 6600 Bruceville Road, Sacramento CA 95823

Revised: 11/30/09

C:\Documents and Settings\y882242\Desktop\SigDucMag.doc