

Flexible Sigmoidoscopy Preparation Care Instructions

Walnut Creek Department of Gastroenterology

Please follow these instructions prior to your procedure. In order for the Physician or Specialty Nurse to see your colon it must be stool free.

Preparation Instructions:

Purchase 2 Fleet Enemas (not the oil based type) and One 10 oz. Bottle of Magnesium Citrate (No Red Coloring) from any pharmacy or drug store.

The day before your exam:

- Drink at least 8 glasses of water the day before the exam. Avoid foods with seeds, such as tomatoes, cucumbers, kiwis, and poppy seed bagels. Your last meal with solid food should be lunch at noon the day before your exam. After noon, clear liquids are permitted. Some suggestions for clear liquids include broth (beef, chicken or vegetable), juice with no pulp, coffee with no cream, Jell-O, Gatorade, popsicles, and water. Please avoid colors such as red and purple when having Jell-O or popsicles.
- If you are diabetic or have a kidney condition, please check with your Primary Doctor regarding your diet and how to prepare for this exam.
- Beginning at 4 p.m. drink the 10 oz. Magnesium Citrate. This will cause diarrhea and should be taken at home.

The day of the exam:

- Please continue to take your regular medications as usual. You may continue to have clear liquids until 2 hours before your examination.
- Two hours before your exam give yourself the first enema. Use the second enema 20 minutes later. The enemas need to be taken at home.
- Please register for your appointment in the **Medical Office Building 2nd Floor Station E 15** minutes before your scheduled appointment time. Make sure to bring your Kaiser Permanente Member ID card, photo ID. and your office visit co-pay. For your comfort during the exam, please use the restroom immediately before you register.

We can be reached at 925-295-4080.

Name of Provider: _____

Date and Time: _____