

FLEXIBLE SIGMOIDOSCOPY with Magnesium Citrate- Prep Instructions

Strict compliance with these instructions is necessary to avoid misdiagnosing and to ensure a safe and complete exam.

Clear liquid diet starts the day before your procedure, instructions on back.

About your prep: Magnesium Citrate and Fleets enemas are taken to clean your colon prior to your procedure. These items do NOT require a prescription. Purchase 1 bottle Magnesium Citrate and 2 Fleets enemas. If you have questions, please call our office at (309) 451-1123 and ask to speak with the triage nurse.

8:00 PM The Day Before Your Procedure:

1. Drink a bottle of Magnesium Citrate, followed by one 8 oz. glass of water.
2. **Remain on a clear liquid diet until the procedure is complete.**

The Day of Your Scheduled Procedure:

1. Following the instructions provided with the Fleets enemas:
 - a. Take the first Fleets enema **2 hours prior to your scheduled arrival time.**
 - b. Take the second Fleets enema **1 hour prior to your scheduled arrival time.**

Please continue to drink plenty of clear liquids but stop ALL LIQUIDS 2 hours before your arrival time.

Please be aware: Your stools should be light yellow to clear with no solid particles prior to coming to Gastrointestinal Institute.

If you have any questions or concerns regarding this prep, please call the triage nurse at (309) 451-1123 for further guidance.