

CENTER FOR DIGESTIVE HEALTH
Gastroenterology Associates, P.C.
 2222 53rd Avenue, Bettendorf, IA 52722 (563) 383-2686

Pick up at the pharmacy over the counter:
 1 Fleets Enema
 1-10 oz. bottle mag citrate

Pick up at the pharmacy over the counter:
 2 Fleets Enema
 1-10 oz. bottle of mag citrate

William Davidson III MD
Richard L. Weyman IV MD
Young B. Huh MD
Jae H. Kim MD

Day _____
 Date _____
 Arrival Time _____
 Procedure Time _____

**FLEXIBLE SIGMOIDOSCOPY PREP
 WITH SEDATION**

One (1) day before your Sigmoidoscopy you will need to do the following:

- **Before 6:30 PM** Start clear liquid supper (refer to Liquid Diet list below)
- **6:30 PM** Drink one 10 oz. bottle of Magnesium citrate with 2 glasses of water

The day of Sigmoidoscopy you will need to do the following:

- Your medications can be taken in the morning with a small sip of water.
- Take 2 Fleets enemas 15 minutes apart, 1-2 hours before your scheduled arrival time.

In addition, if you are having an afternoon procedure:

A **clear liquid** breakfast is **REQUIRED** in the early morning and then nothing by mouth. Remember, it is important you do not eat or drink anything at least **six hours prior** to your procedure otherwise it will need to be rescheduled.

CLEAR LIQUID DIET

DO NOT DRINK ANYTHING RED OR PURPLE

CAN HAVE		CANNOT HAVE
Apple Juice	Gatorade	Milk or Milk Products
Tang	Popsicles	Orange Juice with Pulp
HI-C Fruit Juice	Pop (diet or regular)	Tomato Juice
Coffee	Water	Prune Juice
Broth or Bouillon	Tea	Alcohol
Plain Jell-O (no fruit or sugar free)		

General information:

- Please use the Center for Digestive Health Entrance and Registration Desk
- For a **morning procedure**, if you are thirsty, drink only a few ounces (less than a glass) of water up to **six hours prior** to your arrival time.
- A **small** amount of Vaseline applied to the rectal area may help relieve any discomfort

PLEASE CALL IF YOU HAVE QUESTIONS, CONCERNS OR PROBLEMS
 WITH THE PREPARATION OR INSTRUCTIONS (563) 383-2686

**YOU MUST BE ACCOMPANIED BY A DRIVER WHO REMAINS AT THE CENTER FOR
 DIGESTIVE HEALTH DURING YOUR PROCEDURE**