

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
WITHOUT SEDATION**

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

- **Before 6:30 PM** Start clear liquid supper.
- **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 water.
- Take 2 Fleets Enemas 15 minutes apart, 1-2 hours before your scheduled arrival time.
- You may drink clear liquids until the time of the procedure.

CLEAR LIQUID DIET

DO NOT DRINK ANYTHING RED OR PURPLE

CAN HAVE

Apple Juice
Tang
HI-C Fruit Juice
Coffee
Broth or Bouillon
Plain Jell-O (no fruit or sugar free)

Gatorade
Popsicles
Pop
Water

Tea

CANNOT HAVE

Milk or Milk Products
Orange Juice with Pulp
Tomato Juice
Prune Juice
Alcohol

General Information:

- You may drink clear liquids until the time of the procedure.
- Please use the Center for Digestive Health Entrance and Registration Desk
- 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**