

## ***Flexible Sigmoidoscopy Prep Instructions with Magnesium Citrate and 2 Fleets Enemas***

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

**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 410-224-3636 and ask to be connected with the procedure coordinator.

**Medication / Diet / Tobacco Instructions:** It is very important you read this section carefully. If you have any questions regarding your medications please call the MDTEC procedure coordinator at 410-224-3636.

- **10 days prior** to your procedure (at a minimum): you must stop taking Phentermine, or any medication containing Phentermine, such as Qsymia, Qnexa, Adipex-P, Suprenza, Fastin, or Phentercot.
- **7 days prior** to your procedure: Begin a low fiber diet; You must stop taking all iron supplements, vitamins, minerals, herbal supplements, discontinue fiber supplements such as Metamucil, Citrucel, Fibercon, etc. Avoid fish oil, corn, seeds, nuts and popcorn.
- **Blood Thinner Medications:**
  - **Stop** taking ibuprofen, Advil, Aleve and NSAIDs **at least 5 days prior** to your procedure
  - **You MAY continue to take:** once daily aspirin (81mg or 325mg daily)
  - **If you take Coumadin, Plavix, Pradaxa, Xarelto, Eliquis or other blood thinners:** You must stop these medications 5 days prior to your procedure with the approval of your prescribing physician. **Contact our pre-operative nurse for specific instructions at 410-224-3636- option "2"**
  - You may take Tylenol as needed.
- **1 day prior** to your procedure: ***See dietary restrictions on page 2.***
- **No smoking the day of procedure.**
- **Blood Pressure and Heart medications:** Continue to take these medications as directed. Take them the day of your procedure with a **small sip of water** no less than 2 hours before procedure.
- **Acid Reflux medication:** Continue to take your acid reflux medication as directed. Take your this medication the day of your procedure with a sip of water no less than 2 hours before procedure.
- **Diabetic medication:**
  - If you are taking diabetic medication by mouth, cut your dose in half the day before the procedure.
  - If you are taking insulin, reduce your insulin dose(s) to half the normal amount the day before the procedure.
  - If you have an insulin pump, please check with the prescribing physician (PCP or endocrinologist) for specific instructions.
  - Do not take any diabetic medication or insulin on the day of your procedure.

  
**Important!!**

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- **Bring a complete list** of your medications. Also bring your blood pressure medicine and inhalers with you on the day of your procedure.

### **Instructions:**

#### **The day before your procedure:**

You may have a small breakfast.

After breakfast, clear liquid diet until your procedure.

**Do not consume** anything that is red, blue, or purple in color. Do not consume any liquids you cannot see through. Do not consume alcohol the day before your procedure.

**Acceptable clear liquids** include: water, clear broth, apple juice, white cranberry juice, white grape juice, soda, gelatin (Jello), popsicles, coffee, and tea (no milk or creamer).

#### **8:00 PM The Day Before Your Procedure:**

1. Drink bottle of Magnesium Citrate, followed by one 8oz glass of water.
2. **Remain on clear liquid diet**

#### **Day of Your Scheduled Procedure:**

1. **You may have small sips of water up to 4 hours prior to the procedure.**
2. Following the instructions provided with the Fleets Enemas
  - Take first Fleets Enema **2 hours prior to your scheduled arrival time.**
  - Take second Fleets Enema **1 hours prior to your scheduled arrival time.**
3. You may take allowed medications with a **small sip of water** up to 2 hours before your procedure.
4. **No** chewing gum, throat lozenges, candy, or mints are allowed the day of your procedure.

**Please be aware:** Your stools should be light yellow to clear with no solid particles prior to coming to MDTEC. If you have any questions or concerns regarding this prep, please call the procedure coordinator at 410-224-3636 for further guidance. If you call before we arrive for the day, please leave a message and we will call you back as soon as we are able.

### **You must have a responsible driver who is 18 or older to accompany you and drive you home if you are receiving sedation.**

A taxi or shuttle is not an approved means of transportation **unless you have** a family member or friend with you. You may not drive until the day after your procedure. If you do not arrive with a driver, your procedure will be rescheduled, and you may be charged a cancellation fee.