

My Flexible Sigmoidoscopy Prep Calendar No Sedation

2 Days

Prior to

Appt.

Patient name: Physician: Procedure Date:

Arrival Time:

1 Day Prior to Appt.









- make your
- at any pharmacy -2 Fleet Enemas
- -1 bottle Magnesium Citrate

Pick up your bowel

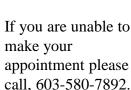
prep over the counter







- Stop taking Iron supplements and multivitamins.
- You may continue to take your daily aspirin
 - If you are taking blood thinners, such as Coumadin, vou will receive additional instructions guided by your prescribing physician.



Core Gastroenterology requires 72 hours notice for cancellations

- **Stop** eating seeds, nuts, corn, any vegetables with a skin, and beans.
- If you use our patient portal to check upcoming appointments please disregard this information for your procedure is in our endoscopy suite.
- To stay hydrated, drink at least 8 glasses of clear liquid in addition to the bowel prep
- 6pm- take one bottle of Magnesium Citrate
- 8pm- give yourself one Fleet enema
- If you are unable to finish your prep or have not had a bowel movement three hours after drinking the Magnesium, call the hospital at 603.778.7311 as soon as possible and ask for the GI nurse.

- Please *take* your morning medications with a sip of water at least two hours prior to your procedure time.
- You may eat a light breakfast (avoid fatty foods). No seeds, nuts, corn, vegetables with skin, or beans.
- One hour prior to your arrival time, give yourself one fleet enema.



Helpful Tips

<u>Helpful Tips</u>	
	You will need to contact the doctor who prescribes your diabetic medications for pre procedure instructions.
	Questions may be directed to (603)-580-7892.
	To decrease discomfort around the perianal region, use wet wipes instead of toilet paper and apply Vaseline or A&D Ointment to the rectum.
	If you wear contacts, you will be asked to remove them prior to the procedure.
	You will be asked to remove jewelry before your procedure and you should consider leaving valuables at home.
	Please check with your insurance carrier regarding their coverage of this procedure, a pre-authorization may be required.