

## FLEXIBLE SIGMOIDOSCOPY PREP

**Dr. Allan Bailey**

Office Phone: (615)329-2141

PATIENT NAME: \_\_\_\_\_

ACCOUNT: \_\_\_\_\_

APPOINTMENT DATE: \_\_\_\_\_

APPOINTMENT TIME: \_\_\_\_\_

LOCATION: Mid-State Medical Center  
2010 Church St  
Suite 420  
Nashville, TN 37203

Skyline Hospital  
3441 Dickerson Pike  
1<sup>st</sup> Floor-Registration  
Nashville, TN 37207

- Please bring someone with you to drive you home.
- If your insurance changes before your procedure, please notify our office.
- Appointment cancellations require a 48-hour notice or a charge could be incurred.

### ***\*IF TEST IS SCHEDULED\****

**BEFORE 12-NOON:** DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.  
**AFTER 12-NOON:** CLEAR LIQUIDS ONLY UNTIL 8am THE MORNING OF TEST

### **SHOPPING LIST:**

**2 bottles Magnesium Citrate**  
*(not cherry flavored)*  
**2 Fleet's Enemas**

### **CLEAR LIQUID EXAMPLES:**

**Gatorade (not red), Tea, Water, Soft Drinks (Sprite, 7up, etc), Juice (Apple, White Grape, etc),  
Coffee (no creamer), Broth / Bouillon, Jello (not red), Popsicles (not red)**

### **PREPARATION INSTRUCTIONS:**

- The evening before your procedure, have only a clear liquid diet for your evening meal.
- Drink two (2) bottles of Magnesium Citrate (10 oz). *(somewhere between 5pm-7pm)*
- One hour before leaving home, take two (2) enemas rectally according to the following directions: Take one (1) enema, hold it for 3-5 minutes, expel the fluid; immediately following take the second enema by the same instructions.
- Please take your routine morning medications with small amount of water.

### **MEDICAL PRECAUTIONS:**

**DIABETICS:** While you are on the liquid diet you should only take **HALF** the dosage of your diabetic oral agent or insulin. Check your blood sugar before you arrive for your test and bring medication with you. **DO NOT TAKE ANY INSULIN OR DIABETIC ORAL AGENT THE MORNING OF YOUR EXAM.**

**ASTHMA or COPD:** Please use inhaler prior to arriving for procedure and bring inhaler with you.

**BLOOD THINNERS:** Blood thinners need to be stopped 3-5 days prior to procedure.