

## FLEXIBLE SIGMOIDOSCOPY PREP

Dr. Allan Bailey / Dr. Edward White

Office Phone: (615)868-1064

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

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

### LOCATION:

\_\_\_\_\_ St. Thomas – Medical Plaza  
4230 Harding Road  
Suite 400  
Nashville, TN 37205

\_\_\_\_\_ 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 6am 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.