

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
1st 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.