



FLEXIBLE SIGMOIDOSCOPY PREPARATION

(NO SEDATION)

Your procedure is scheduled with Dr. _____
on:

Day _____ Date _____ Check in time:
_____ AM/PM

_____ AM/PM
Procedure Time:

At the following location:

Digestive Health Center, 5250 Kietzke Lane, Reno NV, 89511 (775)829-8855

Supplies needed: 1 bottle of Magnesium Citrate, and 1 Fleets enema. These are available over the counter. Please ask in the pharmacy department if you cannot find them.

DAY BEFORE EXAM:

Breakfast - Anything you like.

Lunch - Eat only the following: Broth with crackers, one chicken or turkey white meat sandwich on white bread (no butter, mayonnaise, lettuce or other additive). Drink only clear liquids which include: Soft drinks (no red or purple), Gatorade (no red or purple), Water, Popsicles (no red or purple), clear fruit juices (pulp-free, no red or purple), bouillon, Jell-O (no red or purple), Black coffee or tea (1-2 cups, no creamer, sugar ok)

Dinner (5:00 PM) Clear liquids only.

6:30 PM: Drink 1 bottle of Magnesium Citrate

Follow with clear liquids of your choice

DAY OF EXAM:

Two hours before exam, use one Fleets enema (follow directions on the bottle)

Do not eat anything. Nothing to drink 2 hours prior to your examination. Do not use chewing tobacco products. Please wear comfortable clothes. Bring insurance card, picture ID and required payment for your Co-pay/Deductible. Please leave valuables at home. Please have your current medications documented on the DHC Medication Reconciliation Form provided to you. This form is required by the center. See medication FAQ's about what medications to take the day of your procedure