



**PATIENT
EDUCATION**

Bowel Preparation Instructions: Flexible Sigmoidoscopy Magnesium Citrate

It is very important to follow all the instructions to prepare for your flexible sigmoidoscopy. Your colon must be empty, so the provider can see during the flexible sigmoidoscopy. Many patients feel that the bowel preparation is the hardest part of the flexible sigmoidoscopy.

Preparing for the flexible sigmoidoscopy

- The day before your, flexible sigmoidoscopy you will need to start preparing your colon.
- Do not eat any solid foods the entire day before.
- You will be using a Magnesium Citrate bowel preparation to clean out your colon.
- If you have a history of congestive heart failure, cardiomyopathy, or renal failure, you should not take a Magnesium Citrate bowel preparation and call the doctor that prescribed the flexible sigmoidoscopy.
- Please follow all instructions carefully. If you do not follow the directions properly, then your flexible sigmoidoscopy may be canceled.

Items to buy

- To get ready for your test, you will need to buy items for the bowel preparation.
- **No prescription needed:**
 - One 10-ounce bottle of Magnesium Citrate
 - 2-Fleets enemas

Medication information

Some of the medicines you take may need to be stopped or adjusted temporarily before your flexible sigmoidoscopy.

- **Blood thinners**
 - such as Coumadin (warfarin), Ticlid (ticlopidine hydrochloride), Agrylin (anagrelide), Xarelto (Rivaroxaban), Pradaxa (Dabigatran), Pletal (Cilostazol), Brillinta (Ticagrelor), Eliquis (Apixaban), Effient (Prasugrel), and Plavix (Clopidogrel).
 - You must speak with your prescribing provider or the specialist at least 2 weeks before the scheduled flexible sigmoidoscopy. Do not stop these medications without the consent of your provider.
- **Insulin and diabetes medications**
 - Please call the provider that monitors your glucose levels. Your medications may need to be adjusted due to the diet restrictions required for a flexible sigmoidoscopy. Do not stop these medications without the consent of your provider.
- **Aspirin**
 - You may take your Aspirin as prescribed with a sip of water.

Five (5) days before your flexible sigmoidoscopy

- Do not take medications that will stop diarrhea.
 - Examples: Imodium or Pepto-Bismol.
- Do not take fiber medications or supplements.
 - Examples: Metamucil or Citrucel.
- Do not take any vitamins or supplements.
 - Example: Multi-vitamins or fish oil.

Three (3) days before your flexible sigmoidoscopy

- Begin a low fiber diet. A low fiber diet helps make the cleanout more effective.
- Low fiber examples include:
 - White bread, white rice, pasta, crackers, fish, chicken, eggs, ground beef, creamy peanut butter, cooked/boiled vegetables, canned fruit, bananas, melons, milk, plain yogurt, cheese, salad dressing, and other condiments.
- Do not eat high-fiber foods such as:
 - Popcorn, seeds (flax seeds, sunflower, and quinoa), multigrain breads or pasta, nuts, granola, salads, raw vegetables, or fresh and dried fruits. Limit the number of meats.

Two (2) days before your flexible sigmoidoscopy

- Increase your water intake.
- Continue a low fiber diet.

Morning / afternoon check-in

(6:30 a.m. to 3:45 p.m.)

One (1) day before your flexible sigmoidoscopy

- Start your clear liquid diet.
- Only drink clear liquids the entire day before your flexible sigmoidoscopy
- A clear liquid diet includes:
 - Water, black coffee, or tea (no milk or cream), clear broth or bouillon, Gatorade, carbonated or non-carbonated soft drinks (Coke, Sprite), strained fruit juices without pulp (apple, white grape, white cranberry), Jell-O, and popsicles. **Remember, NO RED OR PURPLE LIQUIDS.**
- Do not eat any solid foods.
- At 6 p.m., drink the entire bottle of Magnesium Citrate.
- Some people may feel nauseous, bloated, or vomit. If this happens, take a 15-30-minute break, and then try drinking the prep mixture.
- After you finish the entire bottle of Magnesium Citrate, you may drink clear liquids only.
- You will need to be near a bathroom once you start drinking your prep mixture. You will have diarrhea and will need to be able to reach a bathroom quickly. Some people may feel nauseous, bloated, or vomit while drinking the bowel preparation.

The day of your flexible sigmoidoscopy

- Your stool should be no longer formed, but a clear or yellow liquid.
- You may drink clear liquids until two hours before your check-in time.
- Avoid red or purple liquids, dairy products, protein shakes, alcoholic beverages, chewing tobacco, and illicit drugs. The use of these will result in your flexible sigmoidoscopy being canceled.
- You may take your medications with a sip of water.
- Remember, do not eat any solid foods.
- You may want to allow extra time to travel to your appointment as you may need to stop and use a restroom along the way.

- One hour before you leave home, take the first Fleets enema.
 - 30 minutes before you leave home, take the second Fleets enema.
 - You may be directed by your doctor to come in early before your flexible sigmoidoscopy to complete the Fleets enemas.
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Notes / Other instructions: