

## **Magnesium Citrate PM - Flexible Sigmoidoscopy Preparation Instructions**

**Appointment Date:**                      **Check In Time:**                      **Procedure Performed by:**

### **You will need:**

One 10oz. bottle of magnesium citrate (No Red). This is available over the counter in the laxative section.

**Special Medication and Diabetic Directions: See separate instructions.**

### **One week before**

Stop taking iron pills, vitamins or herbal supplements in the pill form.

Take your usual prescription medication during prep unless told not to. Aspirin, Ibuprofen and Tylenol are OK if needed.

Avoid foods with seeds (flax seeds, popcorn, nuts and berries). They clog the scope.

### **Two days before**

Stop taking fiber supplements: Metamucil, Citrucel, etc.

### **1 Day before your procedure**

**Begin Clear Liquid Diet. No Solid Food.** You may have: water, coffee, tea, (No milk or creamers) clear fruit juices without pulp or cloudiness, soda pop, Gatorade, chicken bouillon, popsicles, and JELL-O.

Avoid the color **red** in all liquids. Avoid alcohol.

### **Day of your procedure - No Solid Food.**

Take your regular morning medications at least 2 hours before your check in time.

**Stay extremely close to your rest room from this point on.**

**5-6 hours prior to your check in time:** Drink ONE 10 oz. bottle of Magnesium Citrate (No Red) followed by a full 8 ounce glass of water.

Nausea and fullness is common until the laxative starts to work. If you vomit during the prep wait 30 minutes, try again, and go slower.

**No chewing tobacco for 6 hours prior to procedure.**

**DO NOT put ANYTHING in your mouth the 2 hours before your procedure.**

This includes but is not limited to: bowel prep, medication, hard candy, and chewing gum.

**No Food. No Drink. 2 hours.**

You also need to arrange for an **adult driver** that is able to walk on their own, help you in and out of a car, drive you home and remain with you for 6 hours.

**If these instructions have not been followed your appointment may be delayed or cancelled.**

If you received these instructions by email, you will also receive an attachment with additional important information.