

## **Flexible Sigmoidoscopy with Magnesium Citrate**

**(This preparation is not for you if you have kidney failure or advanced cardiac disease)**

**Today's Date: June 7, 2019      Patient Name:**

You are scheduled for a Colonoscopy at North Coast Endoscopy, Suite #380, in the Lake Ambulatory Care Center on . Please arrive at the office at

Please let our office know at least 5 days in advance if you are regularly taking aspirin, blood thinners, or Coumadin. **DO NOT TAKE ANY OF THE FOLLOWING FOR FIVE (5) DAYS BEFORE THE PROCEDURE.** Aspirin, Motrin, Ibuprofen, Advil, Aleve, Excedrin or most arthritis medications. You **MAY** take Tylenol if needed.

### **ONE DAY BEFORE THE PROCEDURE:**

1. ALL DAY- NO SOLID FOOD AND NOTHING WITH RED DYE. The ONLY items you may have are black coffee, tea, orange juice with NO pulp, apple juice, bouillon/broth, water, clear pop (Ginger Ale or Sprite), and any kind of jello or popsicles AS LONG AS THEY ARE NOT RED.
2. Take one bottle of Lemon Magnesium Citrate the night before procedure. (Purchase at local drug store.)
3. DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.

### **THE MORNING OF THE PROCEDURE:**

1. Take 1 fleet Enema 3 hours prior to the procedure.
2. Nothing by mouth the morning of the procedure.
3. You must have a driver to take you home the day of the procedure. You are not to drive the entire day of your procedure. Your driver **MUST** return within **one** (1) hour of drop off in your office (#380).

You could possibly be here up to three (3) hours total on the day of your procedure.