

# Rochester Gastroenterology Associates, LLP

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**INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY PREP  
WITH CITRATE OF MAGNESIA AND FLEET ENEMAS  
READ CAREFULLY - DO NOT EXCEED RECOMMENDED DOSAGE  
AS SERIOUS SIDE EFFECTS MAY OCCUR**

Name \_\_\_\_\_ Procedure \_\_\_\_\_

**YOU HAVE BEEN SCHEDULED FOR THE ABOVE EXAMINATION BY DR. \_\_\_\_\_  
PLEASE REPORT TO:**

**Unity Hospital**  
1555 Long Pond Road  
Rochester, NY 14626  
Tel: (585) 723-7119

**Rochester Endoscopy Center**  
20 Hagen Dr., Suite 330  
Rochester, NY 14625  
Tel: (585) 267-4040

**Wilson Health Center**  
800 Carter Street  
Rochester, NY 14621  
Tel: (585) 922-0825

**Rochester General Hospital**  
1425 Portland Avenue  
Rochester, NY 14621  
Tel: (585) 922-2990

REPORT AND REGISTRATION TIME:

DATE/DAY:

**PLEASE REVIEW ALL INSTRUCTIONS UPON RECEIPT**

You will need to obtain one (1) **10 oz** bottle of Citrate of Magnesia and two (2) ready to use Fleet Enemas. These are available over-the-counter at any pharmacy.

1. Begin a clear liquid diet one (1) day before the procedure. *No food is allowed.* Clear liquids include water, lemon-lime soft drinks, colas, apple juice, jello, and broth (**NO red or purple jello and/or liquids allowed**). You may have coffee and tea, but no milk or powdered creamer. **DRINK AS MUCH LIQUID AS YOU CAN TOLERATE.**
2. At **4:00 p.m.** the evening before your procedure, drink **ten (10) ounces** (1bottle) of Citrate of Magnesia.
3. The morning of the procedure, you must use two (2) ready to use Fleet enemas:  
**Two hours before** leaving your house, use the 1<sup>st</sup> enema and,  
**One hour before** leaving your house, use the 2nd one.
4. There is no sedation required for this procedure, so you can drive yourself to and from the appointment if you wish. You should plan on 1 hour for this procedure.
5. If you are unable to keep your scheduled appointment, cancellation is appreciated **48 hours in advance** by calling (585) 267-4040 or (585) 227-1080 between **8:30 a.m.** and **4:30 p.m.** If you fail to notify us you may be charged. Please call these numbers if you have any further questions.

(03/18)