

# 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

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

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

### **Unity Hospital Endoscopy Center**

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

### **Rochester Gastro. Assoc.**

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

REPORT AND REGISTRATION TIME:

DATE/DAY:

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** (1 bottle) 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 2<sup>nd</sup> one.
4. There is no sedation required for this procedure, you may drive yourself to and from the appointment. You should plan on 1 hour for this procedure. If you choose to have sedation, you must have a driver.
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.