

Rochester Gastroenterology Associates, LLP

Prasad Penmetsa, M.D., M.R.C.P.

Surinder Deygun, M.D.

Ari Chodos, M.D.

Marvin Singh, M.D.

Amy Hayes, F.N.P.-C.

Sarah Pratt, F.N.P.-C.

Michelle Addison, F.N.P.-C.

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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 1st enema and,
One hour before leaving your house, use the 2nd 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.