

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 DATE/ TIME:

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.

There is no sedation required for this procedure, you may drive yourself to and from the appointment. You should plan for 1 hour for this procedure.

Patients Choosing Sedation:

- If you are taking semaglutide, dulaglutide (Ozempic, Trulicity, & Wegovy), or *any other GLP-1 medications* **stop** taking it either **one (1) week prior** to your procedure if it's a once weekly dose **or one (1) day prior** if it's a daily dose.
- You must have an adult transport you home. Ubers or taxis are not acceptable.

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.

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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.

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.

Thank you for the opportunity to accommodate your healthcare needs.