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### Flexible Sigmoidoscopy Instructions For Morning Exam

Before the exam, you will need to take specific steps at home so that your bowel is completely emptied. The goal of the following instructions is to adequately cleanse the bowel to allow good visualization of the rectum and lower colon with the sigmoidoscope.

Please alert your doctor if you have had heart valve surgery or other valvular heart disease. Antibiotics are not generally recommended for mitral valve prolapse.

**Do Not Take Iron Tablets Or Vitamins With Iron or Fiber Supplements** (i.e. Metamucil, Citrucel), or **Calcium Supplements** for 72 hours prior to the exam. For morning or afternoon exams, other medications that you may be taking may be ingested with water. If you are on **Coumadin** or have questions about other medications you are taking, please consult your doctor prior to the exam.

You will need to obtain 10 ounces magnesium citrate, 2 fleets enemas, and, if not attached to this sheet, two 5 mg Dulcolax (or generic Bisacodyl) tablets.

1. Do not eat any solid food after 2 p.m. on the day prior to the exam. However, you may have a clear liquid dinner on the day prior to the exam, and a clear liquid breakfast on the day of the exam. Clear liquid is any fluid that you can read newsprint through. Coffee and tea are allowed with cream. Other suitable liquids would be: Chicken broth, beef broth, Jello gelatin (any color other than red), apple juice, and white grape juice. You may drink water at any time up to the time of the exam.
2. Take 10 ounces of magnesium citrate 4 to 6 hours before going to sleep on the day before the exam. Take 2 Dulcolax (2 generic bisacodyl 5 mg is satisfactory and less expensive) tablets by mouth 2 hours after taking the magnesium citrate. Two bisacodyl pills may be attached to this sheet unless it is faxed.
3. Approximately 1 hour and 15 minutes prior to your appointment, use 1 Fleets enema\* according to the directions on the box. Take a second Fleets enema 20 minutes later. Use only a plain Fleets enema in the green and white box. If it is absolutely impossible to use this enema due to work, we can administer this at the office if you arrive 30 minutes early. (\*obtained at any drug store without prescription)
4. During the exam, you will be asked to lie on your left side. This way, the doctor can gently insert the sigmoidoscope through the anus and rectum and pass it into the bowel. The doctor will then draw it out slowly while carefully examining the inside surface.