



WESTOVER HILLS  
GASTROENTEROLOGY

Westover Hills Gastroenterology, P.A.  
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## Flexible Sigmoidoscopy Prep Instructions

**Prior to following the steps listed below**, you will need to purchase the following over-the-counter items, which are available at most drug stores or pharmacies:

- **Two Fleet Enemas**
- **One 10-ounce Bottle of Magnesium Citrate**

### **The Day before Your Examination:**

1. At 6:00 pm, have a clear liquid dinner (i.e. bouillon soup, apple juice, Jell-O). Do not drink orange juice, milk, or tomato juice.
2. At 8:00 pm, drink one 10-ounce bottle of **\*magnesium citrate** (chilled).
3. Drink clear liquids thereafter (as listed above).

### **The Morning of Your Examination:**

Use two **Fleet Enemas**. Insert the first one into the rectum and hold for 5 to 10 minutes before expelling. Repeat this step with the second enema.

**Please arrive 90 minutes before your appointment, so nurses can have enough time to get you ready for the procedure. Plan to be at the endoscopy lab for approximately three hours. You will need someone to drive you home after the procedure.**

### **Your procedure is scheduled on:**

**MONDAY**    **TUESDAY**    **WEDNESDAY**    **THURSDAY**    **FRIDAY**

**DATE:** \_\_\_\_\_ **AT** \_\_\_\_\_ **A.M.**  
P.M.