

**GASTROENTEROLOGY CONSULTANTS
OF GREATER CINCINNATI**

**FIBEROPTIC SIGMOIDOSCOPY
PREPARATION**

PRIOR TO PROCEDURE

Obtain ONE BOTTLE of CITRATE OF MAGNESIUM (10 oz) and two Fleet's Enemas from your pharmacy.

- STEP 1.** Take a clear liquid diet after 4:00 p.m. the day before the test.
- STEP 2.** Anytime between 4:00 p.m. and 6:00 p.m. drink 1 bottle of Citrate of Magnesia (10 oz).
- STEP 3.** At 8:00 p.m. give yourself a tap water or Fleet's enema until the return is free of stool.
- STEP 4.** Take **NOTHING** by mouth after midnight until after test.
- STEP 5.** Repeat the tap water enema or Fleet's enema before leaving for the office the day of the procedure.

CLEAR LIQUID DIET

Any Clear fruit juice, WITHOUT PULP, soft drinks, clear broth (including bouillon), coffee (no cream), tea, Gatorade, Jell-O, Gelatin, and regular Popsicle's, any type of hard candy, but no soft centers or chocolate. **No milk or dairy products!**

Be at the _____ at
on

**YOU WILL NEED SOMEONE TO BE AVAILABLE TO DRIVE YOU
HOME**

If you have any questions, please call 513/794-5600.