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 Pembroke Pines, FL 33024
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GASTROINTESTINAL DIAGNOSTIC CENTERS
 Drs. Steiner, Yotseff, Dooreck & Cohen
 www.browardgi.com

Sigmoidoscopy Preparation Instructions
Magnesium Citrate

Purchase at the Pharmacy

1. **Magnesium Citrate (10 oz.)**
2. **IF BOX CHECKED Four (4) Fleet Enemas**

No prescriptions needed

IMPORTANT: STOP NSAIDs (i.e. Motrin, Advil, ibuprofen, Aleve, Naprosyn), and iron for one week prior to the procedure. **STOP** Aspirin, Plavix (or other antiplatelet agent) and Coumadin (or other anticoagulation agent) prior to the procedure **as instructed**. Tylenol (acetaminophen) is OK.

Day Before Your Procedure

Morning: Have a **light breakfast** (eggs, toast). **Refrigerate your laxative solution.** You must not have solid food after breakfast. You can continue to drink clear liquids all day (**until midnight**).

Noon: Clear liquids only.
Evening: Clear liquids only.

- ✓ Water or Coconut Water
- ✓ Crystal Light® (Not red)
- ✓ Apple or Orange Juice (No Pulp)
- ✓ Coffee or Tea (No milk or cream)
- ✓ Gatorade® (Not red)
- ✓ Sodas (May cause bloating)
- ✓ Clear bouillon soup (No fat)
- ✓ Popsicles (Not red)
- ✓ Jello® (Not red)
- ✓ Ensure® or Boost®

Note: Drink plenty of clear liquids on the day before the procedure. **Take your usual blood pressure medications.**

Preparation Instructions

Starting at 5:00 p.m. on the day before the procedure, drink the **10 oz. bottle of laxative (Magnesium Citrate)** with a glass of water.

- *Rapidly with a straw helps or cold with ice.*
- Continue drinking **until the bottle is finished.**
- If cramping, bloating or vomiting occurs, slow down or take a break for about an hour and then resume drinking at a slower rate.
- If bloating or nausea occurs, it should improve as bowel movements continue.
- After the laxative try to have **at least three (3) glasses of clear liquid BEFORE MIDNIGHT.**

IF BOX CHECKED Before you go to bed use one (1) Fleet Enema as directed.

DO NOT EAT ANYTHING after midnight

IF BOX CHECKED You cannot drive | Arrange transportation in advance

Referrals will be handled by our office for all procedures

Day of the Procedure

IF BOX CHECKED At least two (2) hours BEFORE the procedure use two (2) Enemas as directed. *Use another if needed.*

DO NOT EAT OR DRINK ANYTHING THE DAY OF THE PROCEDURE

- **TAKE YOUR USUAL BLOOD PRESSURE MEDICINE WITH A SIP OF WATER.**
- **For diabetics on insulin: USE ONE-HALF (1/2) OF YOUR USUAL INSULIN DOSE** the morning of the procedure and the other one-half (1/2) after the procedure.



DATE _____

TIME _____

WALNUT CREEK MEDICAL CENTER
 1779 N. University Drive | Suite 101
 Pembroke Pines, FL 33024
University & Taft
NE Corner | Behind CVS & Wendy's
 (954) 963-0888

MEMORIAL HOSPITAL PEMBROKE
 University & Sheridan | Outpatient
The hospital will call the day before
 (954) 962-9650