

BOZEMAN CLINIC
SIGMOIDOSCOPY INSTRUCTIONS

APPT DATE: _____ TIME: _____AM / PM

Enrolled in Athena? ___ If not, please arrive at the clinic 15 minutes prior to your appt. time.

FLEXIBLE SIGMOIDOSCOPY EXAMINATION INSTRUCTIONS:

1 week before your procedure, ask about your medications. If you take medications to thin your blood (i.e., treating blood clots, preventing heart attacks or strokes), NSAIDs, fish oil, or ginkgo, ask the doctor who prescribes it for you when to stop taking it.

24 hours prior to the exam, begin a strict diet of **clear liquids only**.

This means **NO** solid food of any kind for 24 hours prior to the time of your scheduled appointment - only liquids which you can see through, to include:

- Coffee (decaf, NO cream)
- Tea (decaf)
- Chicken or beef bouillon
- Clear jello (without fruit)
- Apple juice
- Gatorade, Powerade, etc.
- White grape juice, white cranberry juice
- 7UP, Ginger Ale

At **7pm** the evening before your procedure, drink Magnesium Citrate – ½ bottle (4 oz.).

The morning of the exam – use Fleet enemas until clear results are obtained (usually 2-3 enemas).

NO more fluids after 12am (midnight).

Following these instructions carefully will insure that you will be properly prepared for the exam and the physician will be able to visualize your colon without difficulty. This makes for a thorough exam as well as a shorter exam.

Items to purchase at a pharmacy:

- 3 Fleet enemas
- 1 bottle Magnesium Citrate (8 oz.)

Jan 2019 / joc