



PREMIER GASTROENTEROLOGY

CONSULTANTS

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SIGMOIDOSCOPY INSTRUCTIONS

Place: _____ Date: _____ Time: _____

You have been schedule for an examination of your large intestine by a procedure called Colonoscopy.

- **Purchase Magnesium citrate 10 Oz bottle from your pharmacy over the counter 2-3 days prior to the procedure date. Prescription is not required.**
- Please make **arrangements for someone to drive you home after the procedure**, as you will receive conscious sedation.
- For any reasons, if you cannot keep this appointment, **please call our office at least 24 hours in advance.**
- If you should have any questions regarding the procedure or its preparation please call our office between 9am to 4 pm.

Please adhere to the following instructions:

Day before the procedure:

1. Clear liquid diet for breakfast, lunch and dinner; Clear **Liquids include** water, clear chicken broth, soups (no Tomato), Jell-O (except red), clear juices, Coffee and tea without milk, Gatorade, Lemonade and popsicles.

No Solid food, Meat or Vegetables at all for the entire day.

2. Take 3 tablets of **Dulcolax** (5 mg each) at 5:00 PM with two glasses of Water.
3. Continue to drink clear liquids throughout the day.
4. Magnesium Citrate 300 CC bottle at 9:00 PM
5. Do not drink or eat anything except Medications after Midnight.

Day of Procedure:

1. Take 2 tablets of **Dulcolax** with a few sips of water when you wake up in Morning
2. Take all your diabetes, blood pressure medications with small sips of water as routine.
3. Please discussed with your physician if you are taking any blood thinners such as; Coumadin, Xarelto, and Pradaxa.