

**FLEXSIGMOIDOSCOPY INSTRUCTIONS**

The day prior to the test you should have a light dinner. At 7pm that evening

Take one bottle of Magnesium Citrate. Stay on a clear liquid diet for the rest of the evening. (ex: water, juice, clear soda, coffee with no milk, tea with no milk and beef or chicken broth)

On the morning of the exam you should have nothing to eat or drink. One hour before leaving for the hospital prepare by giving yourself one Fleet Enema.

Note: Items needed as stated above for preparation are available to you over the counter at your pharmacy.

Please call our office with any questions you might have.

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Place: \_\_\_\_\_