

# FLEXIBLE SIGMOIDOSCOPY MAG/FLEET PREPARATION

## Seven Days Prior to Your Colonoscopy

- ✓ Stop taking Aspirin and NSAID's (Ibuprofen, Advil, Motrin, Aleve, Excedrin, Naprosyn, Mobic, etc.). You are allowed to take Tylenol
- ✓ Stop taking Multivitamins, Vitamin E, Iron, Fish Oils (Omega Fatty Acids, Lovaza, Vascepa)
- ✓ **If you take BLOOD THINNERS** like Coumadin (Warfarin), Plavix (Clopidogrel), Aggrenox (dipyridamole), Brilinta (ticagrelor), Lovenox (enoxaparin), Pletal (cilostazol), Pradaxa (dabigatran), Eliquis (apixaban), Xarelto (rivaroxaban), Effient (prasugrel), Savaysa (Edoxaban) or any blood thinner discuss with your Primary Doctor when these medications should be stopped prior to your procedure
- ✓ **If you are a DIABETIC**, check with your Primary Care Doctor about what to do with your diabetic medication the day before and the day of the procedure

## Three Days Prior to Your Colonoscopy

- ✓ Eliminate Nuts, Seeds, Grains and Raw Vegetables. Reduce your portion of Salads
- ✓ Purchase **1 Bottle (10 ounce) of Magnesium Citrate**
- ✓ Purchase **1 Fleet Saline Enema**



- ✓ Purchasing a big wide straw (like you would use for a milkshake) can make drinking the solution easier

## The Day Before Your Colonoscopy

- ✓ After 7:00 PM follow a **Clear Liquid Diet** (next page) and you can continue this type of diet up until 4 hours prior to your procedure. After that point you are not allowed to have anything to eat or drink.

\_\_\_\_\_ Drink One (1) bottle of Magnesium Citrate over the course of 30-60 minutes.  
By chilling the liquid with ice and drinking it through a straw it will make it easier to consume.

\_\_\_\_\_ Two to Three hours prior to your Exam, place 1 Fleet Enema into your anus

- Place a Towel down on your bed
- Lie on your left hand side and bring your knees to your chest
- Take the cap off and place the tip of the enema into your rectum
- Squeeze the bottle until its empty and then remove it
- Lie on your side until you feel you need to go to the bathroom. Normally takes 5-10 minutes

## The Day Of The Sigmoidoscopy

- ✓ Unless otherwise instructed by your doctor, take all your **prescription** medications with a sip of water.
- ✓ Do not smoke the day of the procedure
- ✓ You must arrive **30 MINUTES** prior to the scheduled procedure.
  - ❑ Star Surgical Suites: 623 Stewart Avenue Garden City Suite 101, NY 11530  
(516) 222-(STAR)
- ✓ Because of the medication you will receive during the procedure, **someone must accompany you home**. For the remainder of the day you will be required to rest at home and not operate a vehicle

# Clear Liquid Diet

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This diet consists of food products that are clear (things you can see through). The purpose of this type of diet is to limit the amount of food residue in the colon in order to be able to thoroughly examine the colonic wall during your colonoscopy.

<b>Food Category</b>	<b>ALLOWED</b>
Beverages	Water, Tea or Coffee(without milk), Apple Juice, Grape Juice, Soda, Ginger Ale, Gatorade, or other Clear Drinks
Desserts	Plain Jell-O (no red color), Water Ices (Italian Ices), Popsicles, Sorbet
Soups	Fat Free Broth, Fat Free Bouillon, Fat Free Consommé
Sweets	Hard Candy, Honey, Sugar

The above diet should be **followed strictly** in order to help ensure a thorough colonoscopy exam. No other foods are allowed with this diet, some examples of foods NOT allowed are listed below.

<b>NOT ALLOWED</b>
Milk, Cheese, Breads, Ice Creams, Sherbet, Eggs, Fruits, Vegetables, Meat, Poultry, Fish

Keep yourself well hydrated