

Bay Area Colon & Rectal Surgeons
Drs. Samuel C. Oommen, Ran S. Kim & Brian J. McGuinness
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(925) 274-9000

PREPARATION FOR FLEXIBLE SIGMOIDOSCOPY IN THE OFFICE

Date of the appointment: _____

Time: _____

The day before your appointment, drink one **10 oz. bottle of Citrate of Magnesia** at approximately 6:00 P.M. You can buy this product over-the-counter at any local drugstore. Individual responses to laxatives vary. It often works within 30 minutes, but it may take up to three hours. It is advised that you allow yourself plenty of time to complete this preparation.

On the day of your appointment, you will need to do **2 Fleets Disposable Enemas**, also available at the drugstore. You can do these in a knee-chest position lying on the left side or sitting on the toilet; whichever is the most comfortable and convenient for you. Begin the first enema approximately 2 hours prior to your appointment. Retain each enema for as long as possible before proceeding with the next one.

If after the second enema, it does not run clear, please fill the enema bottle with warm tap water and continue as many times as it takes to run clear.

Failure to do this required preparation might result in cancellation of your appointment.

The Doctor cannot examine patients who are not thoroughly cleansed and prepared.

There is no fasting required for this procedure. However, it is advisable that you drink plenty of water and eat soft foods on the day of your appointment.

If you have any other questions, please call our office at (925) 274-9000.