

Bay Area Colon & Rectal Surgeons

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Preparation for Flexible Sigmoidoscopy Done in the Office

The Day Before your Appointment

Drink one (1) 10 oz. bottle 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 may vary. It often works within 30 minutes, but it may take up to three (3) 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 two (2) Fleet Disposable Enemas. You can buy this product at any local drugstore. You can do these in a knee-chest position lying on the left side or sitting on the toilet, whichever is most convenient and comfortable for you. Begin the first enema approximately two (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.

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.

Failure to do this required preparation may result in cancellation of your appointment. The Physician cannot examine patients who are not thoroughly cleansed and prepped. Please call our office during office hours if you have any further questions. Thank you.