

BAY AREA COLON & RECTAL SURGEONS

A Division of BASS Medical Group

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PREPARATION FOR FLEXIBLE SIGMOIDOSCOPY

THE DAY BEFORE YOUR PROCEDURE

Drink one 10 oz. bottle of Citrate of Magnesia at approximately 6:00 PM. 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 PROCEDURE

You will need to do 2 Fleet enemas 2 hours prior to your appointment. You can do these in a knee-chest position or sitting on the toilet; whichever is the most comfortable and convenient for you. Begin the first enema approximately two 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 repeat as many times until it runs clear.

Failure to do this required preparation might result in cancellation of your appointment. The doctor cannot examine patients who are not thoroughly cleaned 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 the appointment.

Thank you for your cooperation.

IF YOU HAVE ANY QUESTIONS, PLEASE CALL OUR OFFICE AT 925-274-9000