



Preparation for Flex Sigmoidoscopy

(Citrate of Magnesia and Fleet Enemas)

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Board Certified Gastroenterology & Hepatology

Your procedure is scheduled with: (Check one): Gregory S. Smith, M.D. _____

Patient Name: _____ DOB: _____
 Procedure Date: _____ Arrival Time: _____ AM/ PM

Plan to be in the endoscopy facility up to 2- 5 hours if sedated, depending on your case and recovery, and 1- 2 hours if not sedated.
 Your procedure will be performed at this facility:

Athens Endoscopy, LLC
 21 Jefferson Place – Suite 2
 Athens GA 30606
 706-433-0788

St. Mary's Hospital
 1230 Baxter Street
 Athens, GA 30606
 706-389-3000

Athens Regional Medical Center
 1199 Prince Avenue
 Athens, GA 30606
 706-475-7000

***** ALERT ALERT ALERT ALERT ALERT ALERT *****

- **Diabetic:** Hold morning dose of insulin the day of the procedure, but bring it with you to the hospital. Other instructions: _____
- **Heart:** If you have an artificial heart valve, or have a previous history of endocarditis, or other specific indication, your doctor may need to prescribe pre-procedure antibiotics. Other instructions: _____
- **Blood Thinners:** Stop Coumadin, Plavix, Lovenox, Effient, Aggrenox, Pradaxa, and Xarelto _____ days before the procedure.
- **Please take your heart, blood pressure, thyroid and or seizure medications** the morning of the procedure with a **SMALL sip** of water, just enough water to swallow the pill. See Special Instructions for medications you can and can't take.
- **Other Medications:** Stop Aspirin Therapy, anti-inflammatory medications such as ibuprofen (Advil, Aleve, and Motrin) iron, Fish Oil, Alka-Seltzer, NSAIDS, and Herbal Supplements at least _____ days before the procedure.
- You may take Tylenol or other brands of Acetaminophen are safe to use prior to this procedure.
- **Asthma:** If you have asthma, please bring your Rescue Inhaler to your procedure as a precaution.
- **Your Info & All Medications:** Bring your license and insurance cards. Bring an updated list of your prescriptions, over-the-counter medications, vitamins and herbal medications. Include the dosages next to each medication. List allergies to any medications, including conditions that would make you sensitive to sedation.
- **Additional Instructions:** _____
- **NOTE: You will need to purchase from your pharmacy: 1 (one) bottle of Citrate of Magnesia & a double pack of Fleet Enemas.**

Day Before the Procedure:

1. The morning day before procedure, Drink 1 (one) bottle of *Citrate of Magnesia*. **DATE:** _____
2. You may have a light breakfast the day before procedure & then start a Clear Liquid Diet for the rest of the day--**NO SOLID FOODS**.

*****CLEAR LIQUID DIET GUIDE*****

AVOID	ALLOWED
red, purple, orange colors	Jello, gelatin
Milk, cream, dairy products	popcicles
juices with pulp	broth
meats	water
grains, starches, rice, pasta, oats, bread, crackers	ginger ale, sprite, mountain dew, carbonated beverages
beans, potatoes	apple juice, white grape juice, lemonade,
fats	Gatorade/ Powerade, flavored drinks
vegetables	Tea, black coffee
solid foods	sugar, honey, syrup, salt

3. It is very important that you drink as much fluid as you can throughout the day.
4. Take **1(one) Fleets enema** the night before the exam.

Day Of Procedure:

1. Take another **Fleet enema at approximately 6:00am** the morning of the procedure. **DATE:** _____
2. If you have an *afternoon* procedure, you may have clear liquids **ONLY** up to 2 hours before your arrival to facility.
3. You may brush your teeth. Be sure to bring your **Driver's License, Insurance Cards and current medications** to the Center.
4. **If receiving sedation: You must be accompanied by a friend or relative to drive you home or your procedure may be cancelled.** Please ask them to stay with you to speak with the doctor following your procedure. You **MAY NOT** drive or go home in a taxi or bus. No working, driving or doing anything important for the rest of the procedure day. **Plan to be in the endoscopy facility up to 2- 5 hours depending on your case and recovery.**
5. **If NOT receiving sedation:** Plan on being at the **endoscopy facility** 1-2 hours. You can drive yourself home.

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