

My Flexible Sigmoidoscopy Prep Calendar No Sedation

Patient name:
Physician:
Procedure Date:
Arrival Time:



- Pick up* your bowel prep over the counter at any pharmacy
-2 Fleet Enemas
-1 bottle Magnesium Citrate



- If you are unable to make your appointment please call, 603-580-7892.
Core Gastroenterology requires 72 hours notice for cancellations



- Stop** eating seeds, nuts, corn, any vegetables with a skin, and beans.

- If you use our patient portal to check **upcoming appointments** please **disregard** this information for your procedure is in our endoscopy suite.

- To stay hydrated, drink at least 8 glasses of clear liquid in addition to the bowel prep

- 6pm- take one bottle of Magnesium Citrate

- 8pm- give yourself one Fleet enema

- If you are unable to finish your prep or have not had a bowel movement three hours after drinking the Magnesium, call the hospital at 603.778.7311 as soon as possible and ask for the GI nurse.**

- Please **take** your morning medications with a sip of water at least two hours prior to your procedure time.

- You may eat a light breakfast (avoid fatty foods). No seeds, nuts, corn, vegetables with skin, or beans.

- One hour prior to your arrival time, give yourself one fleet enema.**



Check each box daily to ensure proper prep ✓

Helpful Tips

- Stop taking Iron supplements and multivitamins.
- You may continue to take your daily aspirin
- If you are taking blood thinners, such as Coumadin, you will receive additional instructions guided by your prescribing physician.**

Helpful Tips

- You will need to contact the doctor who prescribes your diabetic medications for pre procedure instructions.
- Questions may be directed to (603)-580-7892.
- To decrease discomfort around the perianal region, use wet wipes instead of toilet paper and apply Vaseline or A&D Ointment to the rectum.
- If you wear contacts, you will be asked to remove them prior to the procedure.
- You will be asked to remove jewelry before your procedure and you should consider leaving valuables at home.
- Please check with your insurance carrier regarding their coverage of this procedure, a pre-authorization may be required.