

# My Flexible Sigmoidoscopy Prep Calendar

Patient name:  
Physician:  
Procedure Date:



- 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

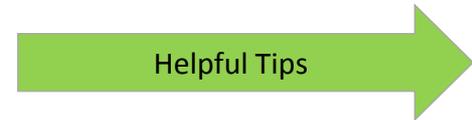
- 8pm- give yourself one Fleet enema

- 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**

- If you are taking blood thinners, such as Coumadin, you will receive additional instructions guided by your prescribing physician.
- You will need to contact the doctor who prescribes your diabetic medications for pre procedure instructions.
- The endoscopy suite will call you 10 business days prior to your procedure date to inform you of your arrival time. If you don't confirm your arrival time within 48 hours of receiving it, you will be rescheduled. 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.