

My Flexible Sigmoidoscopy Prep Calendar (with 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



- 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.

- Confirm with the person who is providing you a ride home. You must have a ride home as you will be receiving sedation **(NO TAXIS, Lyft, or Uber by yourself)**. Please inform your escort that the visit will take 1 ½ -2 hours.



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

- 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
- Nothing solid after midnight. Clear liquids only.**
- If you are unable to finish your prep or have not had a bowel movement three hours after drinking the evening dose, 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.
- Stop** drinking all liquids 3 hours before you are due to arrive at the hospital.
- One hour prior to your arrival time, give yourself one fleet enema**
- No chewing gum or hard candy 3 hours prior to arrival.**

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.
- Questions may be directed to (603)-580-7892.
- Please secure a ride home for the day of your procedure. You should plan to be there for 1.5-2 hours. You will need to make sure you confirm your ride, and your ride is available and reachable during your procedure time.
- 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.
- If you are within child-bearing age, you may be asked for a urine specimen prior to your procedure.