



KAISER PERMANENTE® *FOR SAN FRANCISCO USE ONLY*

SIGMOIDOSCOPY (MAGNESIUM CITRATE) – GASTROENTEROLOGY DEPARTMENT

YOU WILL NEED TO PURCHASE (at the pharmacy):

One 10 oz. bottle of **MAGNESIUM CITRATE**—this is a laxative.

Two **FLEET'S READY-TO-USE ENEMAS**—for bowel cleansing.

DAY BEFORE: You may have your regular meals before 4 p.m. **At 4 p.m.**, drink the 10 oz. bottle of **MAGNESIUM CITRATE**. **No solid food after 4 p.m.**, only drink clear liquids: water, black coffee, tea, clear broth, carbonated drinks, clear juices (apple juice, white grape juice), and plain flavored gelatin (Jell-O, only blue, green, or yellow, no red or orange Jell-O). No milk or milk products.

DAY OF PROCEDURE: You may have only **CLEAR LIQUIDS BEFORE YOUR APPOINTMENT**. **Two hours before your appointment**, use one **FLEET'S READY-TO-USE ENEMA**. After you have expelled the first enema, repeat with the second enema.

MEDICATION: Please take your regularly prescribed medications. **DO NOT USE PEPTO-BISMOL, METAMUCIL, OR IRON PILLS** three days before the procedure.

Please be advised that this medical center has resident physicians training in various medical specialties. One of these individuals may be assisting at your sigmoidoscopy.

Please register with the Gastroenterology Department, 2nd Floor, Southwest, 2238 Geary, and allow 15 minutes before your appointment for registration. If you wish to cancel or change your appointment or have any questions regarding these instructions, please call (415)833-4579.

SIGMOIDOSCOPY INFORMANTION:

Your doctor has advised you to have a sigmoidoscopy. This is an examination of lower colon and rectum with a lighted tube. It can detect hemorrhoids, cancer, polyps, and inflammations.

Air is inserted into the colon and rectum in the course of the examination to allow the physician to more readily examine the colon.

The procedure lasts five to ten minutes and is well tolerated by most patients. While it may be uncomfortable, it usually is not painful. You can help a great deal by relaxing. Often, taking some slow, deep breaths in and out through your mouth helps you to relax. Sometimes patients feel as if they need to move their bowels, but it is only a sensation and should not happen.

The doctor examining you may do a biopsy, which is the removal of a small piece of the lining of the rectum or colon. It should not hurt, as there are no pain nerves in the lining of the colon.

Complications are rare but can include irregular heartbeats, a brief episode of bacteria in the blood, weakness, and dizziness. Bleeding sometimes occurs after a biopsy, but it usually stops by itself. Sometimes transfusions or surgery are necessary. Perforation (a hole in the bowel) is a very rare complication, sometimes requiring surgery to correct.

It should be emphasized that the above complications are rare, and a sigmoidoscopy is generally felt to be one of the safest medical procedures. Thousands of these examinations are done each year at each medical center.

If you have any questions, make sure you ask the doctor when you get to the procedure room.
