



KAISER PERMANENTE

## Sigmoidoscopy (Magnesium Citrate) Preparation

Kaiser Fremont Gastroenterology Department  
39400 Paseo Padre Pkwy, Niles Building – 3<sup>rd</sup> Floor Station 3C

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Provider: \_\_\_\_\_

**\*\*\*Coumadin patients must have PT/lab work the day prior to appointment.\*\*\***

### Supplies

- ❖ Purchase **Two Fleet Enemas** and **One 10 oz. bottle of Magnesium Citrate** from any pharmacy

### Medications (*Bring all prescription, vitamin & over the counter meds in original containers*)

- ❖ **Seven (7) days prior to your procedure:** **DO NOT TAKE IRON, ASPIRIN, MOTRIN, ALEVE, RELAFEN, CELEBREX** or any other non-steroidal anti-inflammatory medications. Tylenol is safe to take.
- ❖ **Day of the procedure:** **Diabetic patients** – Check your blood sugar the evening prior to and the morning of the procedure.

**Insulin:** You may use ½ dose of regular insulin the night before procedure.  
**DO NOT** take any regular insulin the day of your procedure.



**Diabetic tablets/pills:** If you are on tablet medications for your diabetes, **DO NOT** take your medications the morning of the procedure.

**High Blood Pressure medication:** Take your usual dose on the morning of the procedure with a sip of water.

### Diet & Prep Instructions

- ❖ **Three (3) days prior to procedure:** Avoid any vegetable, fruit or high fiber foods, as well as any fiber supplement, such as Metamucil.
- ❖ **One (1) day before the procedure:** **Do not eat solid foods** the entire day before the procedure. You may **only drink clear liquids** that you can see through, such as tea, broth, apple juice, 7-up/Sprite, Jell-o (except red).
- ❖ **Between 4pm – 5pm the day before the procedure:** Drink the 10oz bottle of magnesium citrate. **Drink plenty of clear liquids!** You will develop diarrhea in the evening.
- ❖ **Day of procedure:** **Do not eat solid food.** You may drink only clear liquids **up to six hours before** your appointment, after this time, nothing to eat or drink.
- ❖ **Two (2) hours prior to exam:** Use one Fleet enema according to package directions. Use the second Fleet enema 20 minutes later. If there is any stool or discoloration to the water on evacuation of last enema, fill the bottles with tap water and repeat until a clear return.

#### Cancellation and/or Questions??

Call (510) 248-3088 Monday through Friday 9am - 12:30pm & 1:30pm - 5:00pm