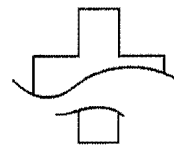


Instructions for Flexible Sigmoidoscopy-Dr. Evans



NEMAHA COUNTY
H O S P I T A L

NAME: _____

Please report on _____ at _____ am/pm. Procedure at _____ am/pm

Purchase from your pharmacy: One bottle of magnesium citrate and two disposable Fleet enemas.

Day before flexible sigmoidoscopy:

1. You may follow a normal diet until 4p.m. Beginning at 4 p.m. you should consume clear liquids for the remainder of the day.

Clear liquids are:

- Fruit juice (apple, white cranberry, white grape)
- Water
- Clear broth or bouillon
- Coffee or tea (without cream)
- Pop
- Kool-Aid
- Popsicles
- Gatorade or Powerade (avoid red, blue and purple due to food coloring)
- Jell-O (lemon, lime or orange allowed; avoid red, blue or purple)

2. Drink 10 oz. bottle of magnesium citrate at 4 p.m. This can be purchased without a prescription from your pharmacy.

Day of flexible sigmoidoscopy:

1. You will need to use two Fleet enemas per packet instructions 30 minutes before leaving home.
2. If you take morning medications, please take them with a few sips of water by 6 a.m. Do not eat or drink anything additionally until after the flexible sigmoidoscopy.
3. Bring a driver to take you home.

Special Instructions: _____

If you have any questions, please contact Nemaha County Hospital

402-274-4366 or 402-274-6137.