

Westside Endoscopy Center, P.C.

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Flexible Sigmoidoscopy Preparation

Procedure Date: _____

Arrival time: _____

About the procedure:

You are scheduled for a flexible sigmoidoscopy. This procedure is an examination of a portion of the colon or lower intestine (the sigmoid colon and rectum). This will be done with a flexible scope called a colonoscope. If growths or other abnormalities are found during the procedure, the doctor may remove the abnormal tissue or take a biopsy for closer examination. This procedure is normally done without sedation and lasts approximately 10 minutes.

You will need to purchase:

- Magnesium citrate – 10 oz. bottle
- Fleets enema – two 4.5 fl. oz. bottles

THE NIGHT BEFORE YOUR “FLEX SIG”

- Drink one bottle of magnesium citrate followed by 32 oz. of clear liquid.

THE MORNING OF YOUR “FLEX SIG”

- Clear liquids only for breakfast.
- About 1 hour prior to your appointment, use one Fleets enema. Bring the other Fleets enema with you to the office.
- Arrive at your appointment time. If necessary the nurse will assist you with the second Fleets enema at the office prior to your procedure.

AFTER YOUR “FLEX SIG”

- You may return to your regular activities.