



# Nevada Gastroenterology

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## FLEXIBLE SIGMOIDOSCOPY PREPARATION (CITRATE OF MAGNESIUM)

Patient Name \_\_\_\_\_ Appointment Date \_\_\_\_\_

- Nevada Gastroenterology
  - Northern Nevada Medical Center
  - Other \_\_\_\_\_
- Check-in Time \_\_\_\_\_

Your physician has determined that a flexible sigmoidoscopy is necessary to evaluate your lower colon (Large Intestine). A quality examination and good results will be dependant on an adequate cleansing and emptying of your Colon. Retained fecal material (stool) can mask significant conditions that may be present. If your Colon is inadequately cleansed, the procedure may need to be repeated at a later date. **Therefore, it is necessary to follow these instructions exactly as written.** If you have any questions, please call our office prior to your procedure so we may take care of any concerns ahead of time.

Note that individual responses to laxatives may vary widely. You may experience mild abdominal cramping and expect a number of liquid bowel movements within several hours. You may also experience bloating and nausea. No laxative bowel preparation is pleasant. This solution has been developed to make your preparation as simple and effective as possible. Also, remain within easy reach of bathroom facilities once you start the preparation.

### Special Considerations:

If any of the following applies to you, please let us know well in advance of the examination so that we can provide special instructions:

- **You take Coumadin (or any blood thinner)**
- **You have an artificial heart valve or any condition requiring antibiotics**
- **You have diabetes**

Special Instructions:

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The Day Before The Procedure: \_\_\_\_/\_\_\_\_/\_\_\_\_

- ❑ **Do not eat any solid foods after 3:00 p.m.**
- ❑ In preparation for the procedure, **drink one 10 oz. bottle of Citrate of Magnesium (Not Cherry Flavor) between 5 and 7 p.m.** the night before the procedure. This should be followed by a clear liquid meal and a 12 ounce glass of water each hour for the next three hours.
- ❑ Continue drinking plenty of clear liquids throughout the evening. The next day you may continue clear liquids up until the time of your examination.
- ❑ To insure the best possible results from the procedure, you must strictly adhere to the **CLEAR LIQUID DIET** listed below.
- ❑ **Foods allowed:** water, clear fruit juices (pulp-free, no red or purple), soft drinks, strained soups and bouillon, Jell-O (no red or purple), Popsicles (no red or purple), black coffee, tea, and Lifesavers (no red or purple).
- ❑ **Foods to avoid:** fruits, vegetables, nuts, milk products, meats, breads, cereals, and alcohol.

The Day Of The Procedure:

- ❑ **IF YOU ARE ALSO HAVING A GASTROSCOPY THEN YOU MAY HAVE CLEAR LIQUIDS UP TO FOUR HOURS PRIOR TO YOUR EXAMINATIONS. YOU WILL NEED TO ARRANGE TRANSPORTATION SINCE YOU WILL BE SEDATED AND UNABLE TO DRIVE.**
- ❑ **One hour before you leave home,** insert one Fleets enema as directed, hold for as long as possible, then evacuate. Wait 15 minutes then repeat with the second enema.
- ❑ If you live **out of town**, arrangements will be made to do the enemas at our facility.
- ❑ If you are coming from **out of town** or staying at some place other than your main residence, please call our office and leave a number where you can be reached.

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