

Gastroenterology Associates of Rochester, LLP
2440 Ridgeway Avenue, Rochester NY 14626

Flexible Sigmoidoscopy

Magnesium Citrate/Fleet Preparation Instructions

READ IMMEDIATELY

From a pharmacy purchase one (1) **10 oz** bottle of **Magnesium Citrate** and one Fleets Enema. You do not need a prescription for these.

If you are a **DIABETIC** or on **blood thinners** (e.g. Coumadin, Plavix), contact our office for specific instructions. If you take aspirin, you may continue to take it. Take all other medications as usual, including *blood pressure* medications.

DAY BEFORE PROCEDURE

You may eat a low fiber breakfast. **Only clear liquids** allowed from this point up until midnight. (Examples of clear liquids: water, carbonated beverages, strained fruit juices, coffee, tea, broth, bouillon, gelatin). **Nothing red in color. No milk products, alcoholic beverages, hard candy or gum.**

At **8:00 pm** drink the entire 10 oz bottle of Magnesium Citrate. Drink at least 6 to 8 (8 oz) glasses of clear liquids that evening. No solid food. **Nothing after midnight.**

DAY OF PROCEDURE

Two (2) hours *prior* to your scheduled procedure give yourself a Fleets Enema at home. Follow the directions on the package.

***** Any questions please call (585) 720-1550. *****