

Mid-America Gastro-Intestinal Consultants, P.C.

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Flexible Sigmoidoscopy Prep

We have scheduled you for a Flexible Sigmoidoscopy on _____ at _____ am/pm.

Dr. _____ will be performing the procedure at:

- G.I. Diagnostics, Inc., 4321 Washington St., Medical Plaza III, Ste 5700.
- St. Luke's Outpatient Peet Center, 4323 Wornall – check in on the 1st floor.
- St. Luke's Barry Road Outpatient Center, 5830 N.W. Barry Road.

Please register by _____ am/pm in order for us to provide our services in an efficient manner.

You will need to purchase the following; all are available over the counter at any pharmacy:

- 1- 10oz Bottle of Lemon Lime Magnesium Citrate**
- 2- Fleets enemas**

YOUR PREP INSTRUCTIONS ARE AS FOLLOWS:

1. Please **STOP ASPIRIN** and aspirin containing products **3 DAYS BEFORE** your test.
2. The **NIGHT BEFORE** the procedure you will have a **clear liquid supper**. This includes: black coffee, tea, soda – such as Coke/ Pepsi, (Diet is ok), 7-Up/Sprite, Apple juice, Gatorade, fruit Popsicles, jell-o, broth, and bouillon, **BUT NOTHING** red or purple.
3. **At 8:00pm**. Drink the whole bottle of **Magnesium Citrate**. You may mix this with Sprite, 7-up or Ginger Ale. Drinking it cold will make it taste better.
4. You may have all the clear liquids you would like until midnight. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT**. If your procedure is 1pm or later you may have 6oz of water only up to 4 hours prior to the procedure.
5. The morning of the procedure, give yourself **2 Fleets enemas**. We suggest that you start the enemas 1½ to 2 hours before leaving to come to your appointment.
6. **PLEASE DO NOT USE ANY LOTIONS, BABY OIL, VASELINE, OR BODY SPRAY THE MORNING OF THE PROCEDURE.**
7. Don't take any medications the morning of the procedure unless directed to do so.
8. Please note that like surgery, procedures take varying amounts of time depending on their complexity. While we try to remain on schedule, occasional prolonged procedures may delay subsequent ones. We will try to keep you advised of any delays.

OUR OFFICE REQUIRES 72HOURS NOTICE FOR CANCELLATIONS DUE TO THE TIME WE ALLOW FOR YOUR APPOINTMENTS.

If you have any questions regarding your prep instructions, procedure or payment, please do not hesitate to call our office at (816) 561-2000.