

Flexible Sigmoidoscopy Prep

You are scheduled for a Flexible Sigmoidoscopy on _____ at _____ A.M. / P.M.

- () Saint Luke's - G.I. Diagnostics, LLC. 4321 Washington St., Medical Plaza III, Ste 5700.
- () Saint Luke's Outpatient PEET Center, 4323 Wornall, KCMO 64111 – check in on the 1st floor.
- () Briarcliff Surgery Center – 4150 N. Mulberry Dr., Kansas City, MO 64116 – Ste 100
- () Mid – America Surgery Institute – 5525 W. 119th St. Overland Park, KS, 66209, Ste 100
- () Menorah Hospital – 5721 W. 119th St., Overland Park, KS 66209, check in at entrance C

Please register by _____ A.M./P.M. for us to provide our services in an efficient manner.

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

*One 10oz bottle of lemon lime Magnesium Citrate
Two fleet Enemas*

1. The **NIGHT BEFORE** the procedure, you will have a clear liquid supper. This includes black coffee, tea, soda, Gatorade, apple juice, popsicles, Jell-O, broth, and bouillon. **NOTHING** red or purple.
2. At **8:00pm**, drink the entire bottle of Magnesium Citrate. You may mix this with whatever clear liquid you prefer.
3. 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 up to 4 hours prior to procedure.
4. The morning of the procedure, give yourself 2 fleet enemas. We suggest you start this 1.5 to 2 hours before leaving to come to your procedure.
5. Please take any anti-seizure medications, heart medications, or blood pressure medications the morning of your procedure with a small sip of water 1 hour after completing your prep and then have **NOTHING** else by mouth for **TWO** hours before your check in time.
6. Please **DO NOT** apply any lotion, body oils, Vaseline, or body sprays the morning of your procedure.
7. You will be sedated for this procedure. You will need **someone to drive you home.** No mode of public transportation will be allowed. This includes taxis, buses or walking alone.