



East Valley Gastroenterology & Hepatology Associates

www.eastvalleygastro.com . Tel: (480)786-6655 . Fax: (480)786-6996

FLEXIBLE SIGMOIDOSCOPY PREPARATION

Your procedure is scheduled at: _____

_____Chandler Endoscopy Center (2095 W Pecos Rd, Bldg A-1)

_____Premier Endoscopy Center (2563 S Val Vista Dr, Ste #101)

_____Chandler Regional Hospital (1955 W Frye Rd)

_____Mercy Gilbert Medical Center (3555 S Val Vista Dr)

Your colonoscopy has been scheduled on: _____

Please check in for your appointment at: _____

BOWEL PREPARATION (DAY BEFORE/ AND DAY OF YOUR PROCEDURE)

ITEMS TO PURCHASE PRIOR TO PROCEDURE (Over the counter-NO PERSCRIPTION REQUIRED)

- 1 Green Bottle of Magnesium Citrate
- 2 Fleet Enema Kits



7 days prior to the procedure:

1. PLEASE DISCONTINUE all blood thinning and anti-inflammatory medications. This includes, but not limited to, Coumadin, Plavix , Iron supplements, Multi-Vitamins (Vitamin E) and Fish oil. Also discontinue any NSAID's (nonsteroidal anti-inflammatory drugs) such as, but not limited to, aspirin, aspirin type products, Ibuprofen, Aleve, Advil, etc. ****TYLENOL MAY BE TAKEN****
2. If your doctor has prescribed any of the medications listed above please consult with your doctor before discontinuing.
3. If you are diabetic, check with your primary care doctor regarding diet and medication instructions.

BOWEL PREPARATION

The Day Prior: Sun Mon Tues Wed Thurs Fri Sat

- You may have a light lunch.
- After lunch you need to be on a **clear liquid diet**.
- At **6pm**, drink 1 bottle of magnesium citrate.
- **Nothing to eat or drink after midnight the night prior to your exam.**

Day of your Procedure: Sun Mon Tues Wed Thurs Fri Sat

(TO BE DONE RECTALLY)

- Use your first Fleet Enema Kit **3 hours** before your procedure.
- Wait **one-half hour**, and use the second Fleet Enema Kit.

Please note: Your procedure will take approximately two hours and you will be required to have someone stay throughout the procedure and drive you home. Failure to do so will result in postponement of the procedure.