



**PACT Gastroenterology Center**  
Hamden • Milford • Guilford

**Hartford  
HealthCare**

## How to prepare for your Flexible Sigmoidoscopy with anesthesia with magnesium citrate and fleet enemas

**Follow only these instructions (disregard the instructions that come with the kit). Please read over these instructions carefully as soon as you receive them.**

**Remember, your appointment could be rescheduled or cancelled if:**

- **You do not finish your prep or appropriately follow the prep instructions below.**
- **You consume any food or drink within 8 hours of your arrival time.**
- **You do not arrive for your appointment on time.**
- **You do not have a ride home.** Medications will be given to you at the time of your procedure that will impair your judgment and reflexes. You will not be able to drive yourself, and you will only be able to use a taxi or bus service if you have a responsible adult age 18 year or older to accompany you.
- **You have a change in your health insurance coverage.** Your new plan may require us to obtain authorization before performing your colonoscopy, a process that can take some time. Please notify us of any changes to your insurance immediately.

### One week before your procedure...

1. **Purchase 10 ounce bottle of Magnesium Citrate**
2. **Purchase 2 Fleet enemas**
3. **Purchase items for the clear liquid diet:**
  - Clear broth or bouillon
  - Soda, Gatorade (yellow or clear) or clear fruit juice (apple, white grape, lemonade)
  - Popsicles (no purple, red, or orange) or italian ice (lemon or lime)
  - Jell-O (no purple, red, or orange)
  - Coffee or Tea (no milk, cream, or dairy).
4. **Arrange for transportation to and from your procedure.** You will not be allowed to drive yourself. You may not use a taxi or bus service unless you have a responsible adult 18 years or older to accompany you.
5. **Please refer to the instructions provided by the office regarding preprocedure medication changes. If you have any questions, please contact the office.**

Tel: 203-281-4463

[www.pactmd.com](http://www.pactmd.com)

Fax: 203-287-2930

2200 Whitney Avenue Suites 330 & 360  
Hamden CT 06518

40 Commerce Park  
Milford CT 06460

1591 Boston Post Road Suite 206  
Guilford CT 06437

**One day before your procedure...**

1. **You may have a regular diet for breakfast and lunch. For dinner, begin the clear liquid diet:**
  - No solid food until after your procedure
  - Water
  - Clear broth or bouillon
  - Soda, Gatorade (yellow or clear) or clear fruit juice (apple, white grape, lemonade)
  - Popsicles (no purple, red, or orange) or italian ice (lemon or lime)
  - Jell-O (no purple, red, or orange)
  - Coffee or Tea (no milk, cream, or dairy).
  - There is no limit to the amount of clear liquids you drink during the day.
  
2. **At 6pm in the evening**
  - Drink 10 ounce bottle of magnesium citrate

**On the day of your procedure...**

1. **Stay on clear liquid diet**
2. **8 hours prior to your arrival time stop consuming anything by mouth.**
3. **1 hour prior to your arrival time:**
  - Give yourself two Fleet enemas. Insert one enema and try to hold for 3 to 5 minutes and then expel the liquid. Next, insert the second enema and try to hold for 3 to 5 minutes and then expel the liquid.
4. **Make sure to arrive on time for your appointment.**