



PACT
Physicians Alliance
of Connecticut

Hartford
HealthCare

PACT Gastroenterology Center
Hamden • Milford • Guilford

How to prepare for your
Flexible Sigmoidoscopy
without 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 do not arrive for your appointment on time.**
- **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. **Please refer to the instructions provided by the office regarding preprocedure medication changes. If you have any questions, please contact the office.**

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

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On the day of your procedure...

1. **You may continue clear liquids until your appointment**
2. **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.
3. **Make sure to arrive on time for your appointment.**