



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



## How to prepare for your Flexible Sigmoidoscopy without anesthesia with magnesium citrate

**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 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).
3. **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. **Stay on clear liquid diet**
2. Make sure to arrive on time for your appointment.