

South Suburban Gastroenterology, PC
Weymouth Endoscopy, LLC
1085 Main Street, South Weymouth
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Instructions for Sigmoidoscopy with Magnesium Citrate

Name: _____

Your procedure has been scheduled on: _____ at _____.

Please arrive at: _____

Please bring your insurance cards and a photo ID with you on the day of the procedure.

Please obtain a referral from your primary care physician if needed.

Day before the procedure:

- 1- No solid foods are permitted.
- 2- Clear liquids are to be consumed all day. Please drink plenty of clear liquids throughout the day and evening. This helps to achieve a more effective preparation and prevents dehydration.
- 3- Examples of clear liquids include: Crystal Light, Gatorade, Powerade, soda, apple juice, seltzer, flavored water, black tea/coffee, Italian ice, popsicles, Jell-O and broth. No milk or cream. Avoid red color in popsicles, Italian ice, Jell-O, Gatorade, etc.
- 4- At 7:00 o'clock PM, drink one bottle of Magnesium Citrate.

Day of exam:

- 1- You may drink clear fluids up to 3 hours prior to your exam time.
- 2- No solid foods are permitted.
- 3- You may take any prescription medications.

If you are having sedation with this procedure, you must have a ride home from a family member or friend as public transportation is not allowed. You are not able to drive for the remainder of the day.