



GASTROENTEROLOGY
CENTER of NEW YORK

SIGMOIDOSCOPY PREP

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**Gastroenterology Center of New York**  
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**YOU ARE SCHEDULED TO HAVE A SIGMOIDOSCOPY ON \_\_\_\_\_**

**YOUR ARRIVAL TIME IS \_\_\_\_\_ WITH DR. JASON RUBINOV**

**PURCHASE AT THE PHARMACY:**

1. One bottle of Magnesium Citrate
2. Two fleet enemas

**MEDICATIONS:**

**PLEASE DO NOT TAKE:**

|                              |                                                                                                        |
|------------------------------|--------------------------------------------------------------------------------------------------------|
| <b>7 DAYS PRIOR TO EXAM:</b> | <b>Effient, Ibuprofen (Advil, Motrin/Aleve)</b>                                                        |
| <b>5 DAYS PRIOR TO EXAM:</b> | <b>Brillinta, Coumadin, Plavix</b>                                                                     |
| <b>3 DAYS PRIOR TO EXAM:</b> | <b>Artrixa<br/>NO ILLICIT DRUGS (Cocaine,<br/>methamphetamines, etc.)</b>                              |
| <b>2 DAYS PRIOR TO EXAM:</b> | <b>Persantine</b>                                                                                      |
| <b>1 DAY PRIOR TO EXAM:</b>  | <b>Xarelto, Eliquis, Pradaxa, Lovenox,<br/>Fragmin, Innohep,<br/>NO Marijuana, Alcoholic beverages</b> |
| <b>1 DAY PRIOR TO EXAM:</b>  | <b>Oral diabetic medications (i.e Metformin,<br/>Glucophage etc.)</b>                                  |
| <b>MORNING OF EXAM</b>       | <b>Do not take insulin</b>                                                                             |

- You may also wish to discuss the risks and benefits of temporarily discontinuing these medications with your family physician or cardiologist.

**PLEASE TAKE:**

|                        |                                                                                                                                                    |
|------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1 DAY PRIOR</b>     | <b>If you are on an Aspirin regimen; please continue it prior to your exam</b>                                                                     |
| <b>1 DAY PRIOR</b>     | <b>If you use insulin; give yourself ½ the units (The procedure will be canceled if your blood glucose is over 300.</b>                            |
| <b>MORNING OF EXAM</b> | <b>Please continue to take medication for heart disease, high blood pressure or seizures on the morning of your exam with a small sip of water</b> |

**ONE DAY PRIOR TO SIGMOIDOSCOPY:**

1. **You are allowed to eat your regular breakfast and lunch the day prior to your procedure.**
2. Starting in the early afternoon following lunch, **NO SOLID FOOD! ONLY CLEAR LIQUIDS FOR THE REST OF DAY!** (Examples of clear liquids: *apple juice, white grape juice, broth of any kind, ices (that melt into clear liquids), coffee/tea (no milk), jell-o, clear juice/soda (no red/purple). **PLEASE AVOID RED/PURPLE COLORS. NO ALCOHOLIC BEVERAGES***
3. Beginning at **8:00 PM**, drink **1 bottle of Magnesium Citrate**, followed by **32 ounces of water**. (The recommend method would be 4 glassfuls, each about 8 ounces, each consumed over about 15-20 minutes).



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4. Remain close to toilet facilities.
5. You may not have a bowel movement or many bowel movements initially after taking the dose of the Magnesium citrate and water. This does not mean the preparation is not working.
6. As a reminder, please continue to **ONLY CONSUME CLEAR LIQUIDS (NO SOLID FOODS)**.
7. **90 minutes before you leave home for the procedure:** Administer the enema. Follow these insertion directions:
  - a. Lie on your left side.
  - b. Remove the cap from the tip of the enema bottle.
  - c. Insert the tip of the enema bottle gently into your rectum, about four inches.
  - d. Slowly squeeze the entire contents of the bottle into your rectum.
  - e. Hold the fluid inside of you for about 15 minutes, if possible.
  - f. Sit on the toilet and expel the fluid.
  - g. Immediately repeat steps 1–6 for the second enema.
8. **You may continue your clear liquid diet until three (3) hours prior to your exam. After this you may not have anything to eat or drink including gum, candy/mints.**
9. If for any reason you need to cancel your procedure, you must call at least 48 hours in advance to allow other patients to be scheduled for procedures. Cancellation fees may apply if you do not call to cancel and do not show for your procedure.
10. PLEASE CALL THE OFFICE AT (718) 332-3100 IF YOU HAVE ANY QUESTIONS.