

Nashville Gastro Consulting, PLLC
Flexible Sigmoidoscopy Patient Preparation

Patient: _____
Date: ____/____/____ Time: ____:____ Arrive: ____:____
Location: _____ Phone: _____

Purchase at a pharmacy:

One (1) 10 ounce bottle of Citrate of Magnesia

Two (2) Fleets Enemas

These are over-the-counter items and do not require a prescription.

THREE DAYS PRIOR TO PROCEDURE:

_____ Discontinue taking any blood thinning medication (Aspirin, Plavix, Coumadin, Aleve, Advil, Ibuprofen, etc.)

ONE DAY PRIOR TO THE PROCEDURE:

- _____
1. You may eat a regular diet through the day.
 2. At approximately 4:00 PM, drink the 10 oz. bottle of Citrate of Magnesia.
 3. Consume only clear liquids (no red or purple) for the remainder of the evening.
 4. Nothing to eat or drink after midnight (including water).

DAY OF THE PROCEDURE:

- _____
1. Nothing to eat or drink unless otherwise instructed by your physician. Bring your medications with you to take after the procedure is finished.
 2. One hour before leaving home administer the two Fleets Enemas rectally, hold for 3 – 5 minutes, then expel fluid.

If you are unable to keep your appointment please contact our office at least 24 hours before your scheduled procedure time. 615-327-7835.