

GASTROENTEROLOGY ASSOCIATES OF TIDEWATER

David L. Kreger, MD, FACP, FACG, AGAF
Alan J. Gamsey, MD, FACP, FACG, AGAF
Steven M. Dandalides, MD, FACP, FACG, AGAF
Felix P. Tiongco, MD, FACP

Pramod Malik, MD, CPI
Walid F. Makdisi, MD
Brian M. Sullivan, MD

PREPARATION FOR FLEXIBLE SIGMOIDOSCOPY

Your **Sigmoidoscopy** is scheduled for _____ at _____ AM/PM in our

Chesapeake Office.

Virginia Beach Office

Diabetes handout given.

- ◆ All regularly used medication such as Digoxin should be continued, **except diabetes meds.**
- ◆ Tucks or baby wipes, blot don't wipe after each bowel movement, will help for comfort.

PLEASE FOLLOW THESE INSTRUCTIONS CAREFULLY:

- ◆ Buy a 12 ounce bottle of Magnesium Citrate. Chill in refrigerator. The medication may cause dehydration and there is a rare risk of kidney failure with this product so be sure to take plenty of fluids during the preparation.
- ◆ Buy 1 Fleets Enema

The day before the examination on _____

1. You may have your usual breakfast & Lunch. Drink only clear liquids after lunch until you go to bed..

Clear Liquid Diet:

- | | | |
|---|---|---|
| • Water | • Jell-O (all flavors except red) | • Popsicles (no red) |
| • clear fruit juice (apple, white grape, cranberry) | • black coffee or tea, sugar or sweetener | • Gatorade (no red) |
| • bouillon or fat-free broth | • any soda (Coke, Pepsi, etc.) | • Italian Ice |
| • hard candy (Lifesavers) | • popsicles | • Boost or Ensure (<u>fiber-free</u>) |

NO MILK – NO MILK PRODUCTS – NO SOLID FOODS

2. **At 6:00 PM, drink the Magnesium Citrate.** This should be followed by at least 4-5 glasses of clear fluids.
3. Drink at least three 8-ounce portions of clear liquids before retiring – more if needed.

The day of the examination on _____

1. Administer one Fleets enema one hour before leaving home.
2. Please report to the office on time at _____ AM/PM.

IF YOU HAVE QUESTIONS PLEASE CONTACT OUR OFFICE AT 547-0798. For more information see our website: www.gatqi.com under Procedures.

Norfolk Office
160 Kingsley Lane, Suite 200
Norfolk, Virginia 23505
(757) 889-6800
Fax (757) 547-0145

Virginia Beach Office
5701 Cleveland Street, Suite 100
Virginia Beach, VA 23462
(757) 547-0798
Fax (757) 547-0145

Chesapeake Office
112 Gainsborough Square, Suite 200
Chesapeake, Virginia 23320
(757) 547-0798
Fax (757) 547-0145

“A Division of Tidewater Gastroenterology, PLLC”
www.gatqi.com