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GASTROENTEROLOGY
Buffalo Medical Group, P.C.

PREPARATION FOR FLEXIBLE SIGMOIDOSCOPY

You will need to purchase a 10oz bottle of Magnesium Citrate (over the counter) and Two Fleet enemas.

- **Do not take any iron pills, iron supplements, and other supplements containing fish oil or flax seed oil 5 days before the exam.**
- **Please remember to continue taking asthma, anti-anxiety, or seizure medications!**
- **Please do not consume any corn, nuts or seeds for 5 days before the exam.**

Please call our office to let us know if you are allergic to **Versed** or **Fentanyl**.

If you are a diabetic, please contact your Primary Care Physician. They will need to regulate the dosing of your insulin or glucose for the day of the procedure.

THE DAY BEFORE THE PROCEDURE:

1. Have a light lunch at 12:00pm.
2. At 3 P.M. drink 10oz bottle of Magnesium Citrate
3. Have a clear liquid dinner that evening. (see below)
4. Do 1 Fleet enema before bed that evening.

THE DAY OF THE PROCEDURE:

1. Have a clear liquid breakfast ONLY.
2. Do 1 Fleet enema at 7:00am.

A **CLEAR LIQUID** diet means: no milk or milk products; no solid foods; no products containing RED or PURPLE dyes. Most cola soft drinks like Pepsi and Coke have red dyes in them.

You can have water, clear broth or bouillon, coffee/tea (without milk or non-dairy creamer), sherbet, strained fruit juices without pulp. Also the following if not RED or PURPLE: Gatorade, ice popsicles, carbonated and non-carbonated soft drinks, Kool-Aid, plain Jell-O (without fruit or toppings).

REPORT TO: _____

TIME: _____

DATE: _____

If you are currently taking any of the medications listed on the next page, please contact your prescribing physician for clearance to stop these medications.

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Anticoagulation Therapy

Antiplatelets:

Plavix® (clopidogrel)
Brilinta® (ticagrelor)
Effient® (prasugrel)
Aspirin

Other NSAIDs:

diclofenac, ibuprofen (Motrin®), indomethacin, ketoprofen
delecoxib (Celebrex®), diflunisal, naproxen (Aleve®, Naprosyn®), sulindac
meloxicam (Mobic®), nabumetone, piroxicam (Feldene®)

Anticoagulants:

Coumadin® (warfarin)
Eliquis® (apixaban)
Pradaxa® (dabigatran)
Xarelto® (rivaroxaban)
Savaysa® (endoxaban)