

FLEXIBLE SIGMOIDOSCOPY

1. The night before the exam you may have a clear liquid diet supper. Clear liquids include: apple juice, white grape juice, water, broth, boullion, popsicles, tea, black coffee, carbonated beverages, Jell-O (yellow or green).
2. Take one bottle of Magnesium Citrate at 7:00 PM the night before the exam.
3. Do not eat or drink anything after midnight the night prior to your exam.
4. The morning of the exam, use two Fleet enemas. Use one and wait on results then use the other one.

Your procedure is scheduled for:

Date: _____ **Time:** _____

At

**Alabama Digestive Health and Endoscopy Center
2010 Brookwood Medical Center Drive
Birmingham, Al. 35209**

You may call our office at 205-870-0256 with any questions.