

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. Drink one (1) bottle of Magnesium Citrate at 7:00p.m. (Please avoid RED Magnesium Citrate)
3. Do not eat or drink anything after midnight the night prior to your exam.
4. On the morning of your exam, drink one (1) bottle of Magnesium Citrate (avoid RED) two hours before leaving home.

You may call our office at (205)663-1023 with any questions.