

1455 S. Lapeer Rd.
Suite 222
Lake Orion, MI 48360
Phone 248.693.9255
Fax 248.693.9281

595 Barclay Circle
Suite A
Rochester Hills, MI 48307
Phone 248.852.8020
Fax 248.852.8081

11051 Hall Road
Suite 210
Utica, MI 48317
Phone 586.739.5220
Fax 586.739.5420

Flexible Sigmoidoscopy

Date _____ Time _____

PURCHASE:

One 10 oz. bottle of clear Magnesium Citrate
Two 7.8 oz. Adult Plain Fleet Enemas

ONE DAY PRIOR TO YOUR TEST:

You may have may have breakfast and lunch.

After 3:00 pm, begin a **CLEAR** liquid diet. Water, 7-Up or ginger ale, apple or white grape juice, chicken or beef bouillon, tea or coffee, Jello or Popsicles.

***** NOTHING RED, ORANGE OR PURPLE *****
***** NO MILK OR MILK PRODUCTS *****

You may continue drinking clear liquids right up until your appointment time.

THE NIGHT PRIOR TO YOUR TEST:

Between 5:00 pm & 7:00 pm drink the entire bottle of Magnesium Citrate.

TWO HOURS PRIOR TO YOUR TEST:

- ✓ Give yourself one enema.
- ✓ Wait 10 minutes.
- ✓ Give yourself the second enema.