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**Flexible Sigmoidoscopy Instructions  
For Afternoon Exam**

Before the exam, you will need to take specific steps at home so that your bowel is completely emptied. The goal of the following instructions is to adequately cleanse the bowel to allow good visualization of the rectum and lower colon with the sigmoidoscope.

Please alert your doctor if you have had heart valve surgery or other valvular heart disease. Antibiotics are not generally recommended for mitral valve prolapse.

**Do Not Take Iron Tablets Or Vitamins With Iron or Fiber Supplements** (i.e. Metamucil, Citrucel), or **Calcium Supplements** for 72 hours prior to the exam. For morning or afternoon exams, other medications that you may be taking may be ingested with water. If you are on **Coumadin** or have questions about other medications you are taking, please consult your doctor prior to the exam.

You will need to obtain 10 ounces magnesium citrate, 2 fleets enemas, and, if not attached to this sheet, two 5 mg Dulcolax (or generic Bisacodyl) tablets.

1. Do not eat anything after 11 p.m. on the night before your exam. However, you may have a clear liquid breakfast and you may drink water at any time.
2. Take 10 ounces of magnesium citrate between 6 a.m. and 8 a.m. on the day of the exam. Take 2 Dulcolax (Bisacodyl 5 mg) tablets by mouth 2 hours after taking the magnesium citrate.
3. Take one Fleets enema approximately 1 hour and 15 minutes prior to your appointment following the directions on the box. Take a second Fleets enema 20 minutes later. Use only plain Fleets enema in the green and white box. If it is absolutely impossible to use these enemas due to work, we can administer them at the office if you arrive 30 minutes early.
4. If you have an afternoon exam but wish to follow the morning exam protocol, you may do so.
5. During the exam, you will be asked to lie on your left side. This way, the doctor can gently insert the sigmoidoscope through the anus and rectum and pass it into the bowel. The doctor will then draw it out slowly while carefully examining the inside surface.