

Yuma Gastro
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1390 W. 16th Street, Yuma, AZ 85364
Phone (928) 344-4325 Fax (928) 344-3084

Bowel Preparation – Flexible Sigmoidoscopy

Patient Name: _____

Day and Date of colonoscopy: _____

Arrive at: _____ *A 48 hr notice is required for cancellation of procedure or a \$30 fee will be issued. *

- | | | |
|--|---|--|
| <input type="checkbox"/> Yuma Endoscopy Center
2261 S. Avenue B
(928) 318-2052 | <input type="checkbox"/> YRMC
2400 S. Avenue A
(928) 336-2000 | <input type="checkbox"/> Focused Imaging of Arizona
2270 Ridgeview Dr. #127
(928) 317-0470 |
|--|---|--|

You **MUST** have someone remain with you at the facility until you are discharged and drive you home after. If you do not, the procedure will NOT be done.

MEDICINE: Seven days prior to exam, STOP IRON.

PURCHASE: 10-ounce bottle of Magnesium citrate. Two (2) Fleet enemas.

Day before Exam

- Normal breakfast and lunch. **After lunch, remain on clear liquids.**
- **NO SOLID FOOD AFTER 1:00p.m.**
- **STOP any chewing tobacco products after 1:00p.m.**
- **CLEAR LIQUID DIET* ONLY.**
- **Diabetic Medications:** Take NORMAL dosages during breakfast and lunch. **Take half the usual dosage of insulin or pills for EVENING doses.**
- **Other Medications:** Take as scheduled (at normal times).

Afternoon before Exam

- **At 4 pm,** drink entire 10-ounce bottle of Magnesium citrate. (No dilution is necessary).
- Continue on clear liquid diet until after your procedure.

Morning of Exam Please wear comfortable enclosed shoes (no flip flops, no high heels, etc.).

- Refrain from smoking the day of your procedure
- **Five hours prior to your exam,** insert one (1) Fleet enema as directed. Bring the other enema with you to your appointment. Upon arrival for your appointment, you will administer the last enema.
- **Three (3) hours before your arrival time, STOP DRINKING LIQUIDS and CHEWING GUM and take your blood pressure and heart medications.**
- **No Diabetic Medications until after your procedure.**

If you have any questions regarding your preparation or to reschedule/cancel your appointment, call Yuma Gastro at (928) 344-4325.

CLEAR LIQUID is any liquid that you can see through. Examples: apple juice, white grape juice, sports drinks, chicken or beef bouillon, and jello (No fruit, toppings, red or purple jello). Do not drink milk or juices with pulp. Avoid red and purple drinks.