



CEDAR VALLEY

# Gastroenterology

At Allen Digestive Health

## Flexible Sigmoidoscopy Instructions

### The day before the exam:

- You may have a light meal around 3:00 pm (i.e. Half sandwich, soup)
- At 5:00 pm drink a 10 oz. Bottle of magnesium citrate  
This may be purchased at the pharmacy of your choice (no red coloring)
- Drink only clear fluids from this point until after the exam  
Things you may have are:  
Apple ~ White Grape Juice ~ Jello ~ Popsicles ~ Gatorade ~ Water ~ Soft Drinks ~ Kool-Aid  
Hi-C ~ Clear Broth ~ Boullion

### The day of the exam:

- No breakfast
- Do not take any diabetes medication until after the exam. You may check your blood sugar prior to arrival.
- You can drink clear liquids until 2 hours prior to your procedure \_\_\_\_\_.
- When you arrive at the hospital you will be given two enemas in preparation for the exam.
- You must have a driver due to sedation you will receive. You will not be able to drive or work until the next day.

Date of procedure \_\_\_\_\_ Arrival Time \_\_\_\_\_

**\*\* The time that we give you is the ARRIVAL time, your procedure typically starts 1 1/2 - 2 hours following your arrival \*\***

**\*\* EXPECT TO BE HERE 3-4 HOURS \*\***

**Location: Office Endoscopy Suite**  
125 E. Tower Park Dr.

**Allen Hospital**  
1825 Logan Ave.  
(Outpatient Entrance #8 on Donald St.)

**Grundy County Hospital**  
201 E. J Ave.  
(Main Entrance #1)

**Buchanan County Health Center**  
1600 1st St. East  
Independence

If you have any questions or concerns, please call our office at 319-234-5990 or 877-858-4741.