

Gastroenterologist of Ocean County  
**FLEX SIGMOIDOSCOPY PREP INSTRUCTIONS**

<b>8 days before procedure</b>	<b>7 days before procedure</b>	<b>1 day before procedure</b>	<b>Day of Procedure</b>	<b>What to Expect with your Prep</b>
Date	Date	Date	Date	
<p><input type="checkbox"/> Stop any weekly injectable weight loss medications (ex- Ozempic, Wegovy, Zepbound)</p> <p>Arrange for a friend, family member or medical transport to drive you home after the procedure.</p>	<p><b>Start low residue diet</b></p> <p><b><u>Buy preparation ingredients</u></b></p> <p><input type="checkbox"/> One (1) 10oz bottle of Magnesium Citrate</p> <p><input type="checkbox"/> Two (2) Dulcolax laxative tablets</p> <p><input type="checkbox"/> One (1) FLEET enema</p>	<p><b>No Marijuana</b></p> <p><b>No Alcohol</b></p> <p><b>Clear liquid diet all day</b></p> <p>Stay hydrated with at least 12 glasses of clear liquids throughout the day (in addition to what you drink with your bowel prep medication)</p> <p><input type="checkbox"/> 5pm Drink 1 bottle of Magnesium Citrate with 2 Dulcolax laxative tablets. Drink entire bottle within 1-1.5 hours. You may mix the Magnesium Citrate with any clear liquid.</p>	<p><b>No tobacco or marijuana use</b></p> <p>Clear liquids allowed up to 4 hours prior to arrival time</p> <p>Stop Clear Liquids at _____</p> <p><input type="checkbox"/> <b>4 hours prior to your procedure</b></p> <p>Administer FLEET enema into rectum</p> <p><b>Arrival time</b> _____</p> <p><b>After your procedure</b></p> <p>You should not drive a car, operate machinery, or make any legal decisions until the day after your procedure.</p> <p>You must have an adult accompany you home the day of your procedure. The staff must be able to contact whoever will accompany you.</p>	<p>You will develop significant diarrhea after drinking the preparation. Plan to be near a bathroom. This is normal as it means the medication is working to clear stool from your colon.</p> <p>Most people feel mild bloating and mild abdominal cramps. This is normal. Drinking the prep medication more slowly and over a longer period of time can help alleviate these symptoms.</p> <p>A successful colon prep will cause you to have clear yellow ("tea colored") liquid stools.</p> <p>Please finish your preparation regardless of your stool color.</p>

**FAILURE TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN CANCELLATION OF YOUR PROCEDURE**