
DIGESTIVE
DISEASE
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PREPARATION FOR FLEXIBLE SIGMOIDOSCOPY

1. You need to purchase (over-the-counter at any local drugstore or pharmacy) :
 - 1- Bottle of Mag Citrate 10oz
 - 3- Dulcolax tablets 5mg
2. **Starting at 3:00pm the day before your exam you are to go on a clear liquid diet:**
This includes coffee, tea, and water- either carbonated or regular, all soft drinks, e.g. coke, Pepsi, ginger ale, 7-Up; all of the clear juices – apple, cranberry, grape; Jell-O or other similar gelatin; clear soups, i.e. bouillon or broth. Sugar and/or artificial sweeteners are allowed.

NOT ALLOWED ON A CLEAR LIQUID DIET: Milk, cream, soy milk equivalent, artificial creamer, pulpy juices like orange, grapefruit, pineapple, tomato and V-8, all NOT allowed. Important Note: Whatever color Jell-O you consume may come out the same color. So the red or dark Jell-O's may turn your stool red. It is NOT blood unless it clots or smells like blood (different than stool).

3. **Anytime between 4 p.m. and 8 p.m.** at the latest, drink the entire bottle of Mag Citrate and take the 3 Dulcolax tablets. This will cause you to have diarrhea and cramping. Please make sure that you do not start taking these laxatives until you are home for the remainder of the evening.
4. You may continue to have clear liquids the morning of the exam.
5. Take your usual morning medications unless instructed otherwise by your doctor.