



Gastroenterology, Hepatology and Endoscopy

American Board of Internal Medicine

Diplomate in Gastroenterology & Internal Medicine

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Name: _____ **Date:** _____

Preparation for Sigmoidoscopy

1. You are scheduled for a sigmoidoscopy on _____ at _____. You must arrive by _____.
2. Begin a clear liquid diet for lunch and dinner on _____, the day before your procedure and continue the entire day.
3. Drink one bottle of Magnesium Citrate (Mag-Citrate) at 4:00 pm, the day before the procedure.
4. You can continue taking clear liquids, during and even after the liquid preparation until midnight the night before the test, but nothing after that.
5. Continue to take all of your medications with sips of water even the morning of your test. (The only exceptions are diabetic medications which you need to discuss with your doctor)
6. A good preparation is an important part of this examination. If you have any questions please call the **North Miami office at 305-692-6100 or Miami Beach office at 305-674-5925**, if you have any questions.

Clear liquids that you can take are the following:

Clear bouillon, broth or consommé, tea, coffee, decaffeinated tea or coffee, Kool-Aid, carbonated beverages. Do not put any milk or cream in you tea or coffee. Juices including clear cranberry, white grape, and clear apple juice, strained lemonade, limeade, orange drink or any juices that you can see through and has no pulp. Also acceptable is water ices, Italian ices, popsicles, and you can have jello (**NO RED**).

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