

# **MID STATE GASTROENTEROLOGY, LLC**

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## **PREPARATION FOR PANSIGMOIDOSCOPY**

**DAY before:** Lite dinner and liquids throughout the evening. At 7:00 PM take  
10 Ounces of Magnesium Citrate or 3 Dulcolax Tablets

**DAY of Appointment:** **Clear Liquids**, see example below

Take 2 Fleet Enemas (green/white box)

One Enema 2 hr before you leave home

One Enema 1 Hr before you leave home

Allow enough driving time between your appointment and your  
Last enema.

Clear Liquids: tea, coffee, carbonated beverages, postum, apple juice,

Grape juice, kool-aid, and Gatorade

Desserts: Gelatin, except red

Soups: Clear Broth

Sweets: Hard candy, honey syrups, and vanilla for flavoring