



PREPARATION FOR FLEX SIGMOIDOSCOPY

Location: Buffalo General Hospital - 100 High St. on the Sixth Floor

To ensure a successful exam, please follow the following instructions:

▶ **Purchase** (from your local drug store):

- Two Fleet Enemas
- A 10-ounce Bottle of Magnesium Citrate

▶ **The day before your procedure:**

Please maintain a **Clear Liquid** diet all day. Drink 10-ounces of magnesium citrate.

▶ **The morning of your procedure:**

Use two Fleet Enemas - as directed.

▶ **A clear diet consists of:**

Clear bouillon, chicken broth, vegetable/beef broth, tea, black coffee, apple juice, lemonade, Italian ice, popcicles, Jell-O (**no RED color**).

- ▶ Any questions please feel free to contact our office at (716) 626-2644.