

HAMPSHIRE GASTROENTEROLOGY ASSOCIATES, LLC  
10 Main Street, Florence, Massachusetts 01062 (413) 586-8910 FAX (413) 584-7270  
PRACTICE LIMITED TO GASTROENTEROLOGY AND LIVER DISEASE  
www.hampshiregi.com

Jaya Agrawal, MD, MPH  
David A. Berkman, MD

David Kalman, MD  
Joseph P. Tassoni, JR, MD  
Michal Ganz, MD

**INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY WITH MAGNESIUM CITRATE**

If you are on any medications, please contact the office to see if they need to be discontinued prior to procedure.

Nothing to eat or drink 4 to 6 hours prior to exam (*the prep drink is okay, though*).

**Buy:**

- 1 Fleet enema at any pharmacy.  
*And*
- One (1) 10-ounce bottle of magnesium citrate (refrigerate) à **(not the red, blue or purple ones!)**

**One day before:**

à At 5pm drink 10 ounces of bottle of magnesium citrate. Expect multiple loose stools.  
*Continue drinking 8 ounces of clear liquid every 30-45 minutes until bowel movements stop.*

**Instructions for use of fleet enema:**

Lie on your left side and bring your knees towards your chest. Follow the directions on the side of the bottle to insert the tip of the bottle within the rectum, and gradually squeeze the bottle so that the liquid advances into the rectum.

**The morning of the procedure:**

à Use one bottle of fleet enema 2 hours before you leave home.

**Please avoid all gum or hard candy 3 hours prior to the exam.**

If you have any questions, please do not hesitate to call the office at 413-586-8910.

**MUST HAVE RIDE HOME.**

**TEST DATE:** \_\_\_\_\_

**ARRIVAL TIME:** \_\_\_\_\_

**LOCATION:** \_\_\_\_\_