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## Flexible Sigmoidoscopy Prep Instructions

### What You Need for the Prep:

- 2 Fleet Enemas
- 1 Bottle of Magnesium Citrate
- These are both available over-the-counter at a drugstore or pharmacy

### The Night Before the Procedure:

- Drink one bottle of Magnesium Citrate at 7:00 PM

### After Midnight the Day of the Procedure:

- **Nothing** to eat or drink the after midnight
- The morning of the exam, use two Fleet enemas 30-60 minutes apart.
- Use the first enema. After it works, then use the second one. The second enema should be administered at least one hour prior to leaving home (to allow time for it to work).
- If you normally take medication for blood pressure, seizures, pain, anxiety or breathing problems in the morning, take these with a sip of water just before leaving the house.