



*All about your
Flexible Sigmoidoscopy –
Bowel Preparation
Afternoon Appointment*

EasyRead version for people with disabilities

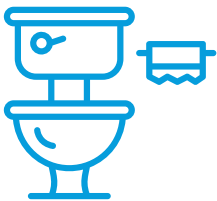
Flexible Sigmoidoscopy Patient Information

Here's what you need to do to prepare your bowel for your **FLEXIBLE SIGMOIDOSCOPY**

Your bowel must be empty so that your examination can be carried out.

You have been given CITRAMAG and SENNA TABLETS to take before your examination to empty your bowel.

You must follow the instructions carefully when you take these.



Once you take your CITRAMAG and SENNA you will have frequent and loose stools. Stay near the toilet for a couple of hours.

Flexible Sigmoidoscopy Patient Information

Here's what to do if you have an **AFTERNOON APPOINTMENT**

7 DAYS BEFORE YOUR PROCEDURE:

Do you take iron tablets?
STOP taking them today.



1 DAY BEFORE YOUR APPOINTMENT:

Take 5 SENNA TABLETS with water
in the evening.

ON THE DAY OF YOUR APPOINTMENT:

**At 7am in the morning: Have a light
breakfast. Look at the diet sheet to
see what foods you can have.**



**At 7.30am in the morning:
Pour 200mls of hot water
into a measuring jug.**



Add the sachet of CITRAMAG powder.



It will fizz. Mix it well.
Allow it to cool.

When it is cool drink it ALL.



DO NOT EAT OR DRINK ANYTHING WITH MILK IN UNTIL AFTER YOUR PROCEDURE.

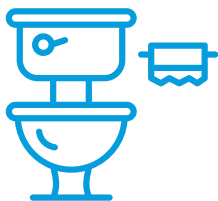
Drink lots of water after you take your CITRAMAG.



DON'T take these medications if

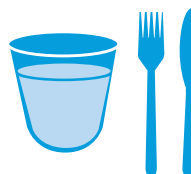
- you are pregnant
- you are allergic to them
- you have severe kidney failure

You can take any other medication you need to either 1 HOUR before or 1 HOUR after you take your CITRAMAG and SENNA.



Stay near a toilet as you will start to have frequent liquid bowel movements. If this doesn't happen or you feel unwell please call us.

AFTER YOUR PROCEDURE you can eat and drink normally.



Can't take these medications?
The medication hasn't worked?
Call us 0117 910 3790



InHealth | Beechwood Hall | Kingsmead Road
High Wycombe | Bucks | HP11 1JL

T: 01494 560000 | F: 01494 560056
info@inhealthgroup.com
www.inhealthgroup.com