



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

EasyRead version for people with disabilities

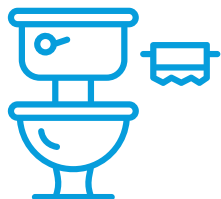
Flexible Sigmoidoscopy Patient Information

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 give 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 a **MORNING APPOINTMENT**

7 DAYS BEFORE YOUR PROCEDURE:

Do you take iron tablets?
STOP taking them today.



1 DAY BEFORE YOUR APPOINTMENT:

In the Morning:

Have a low residue breakfast.
Look at the diet sheet to see
what you can have. Take your
5 SENNA tablets with water.



At Lunchtime:

Have a light lunch **BEFORE 1pm** in
the afternoon.

**DO NOT HAVE ANY FOOD OR DRINK
WITH MILK IN, AFTER 1PM.**

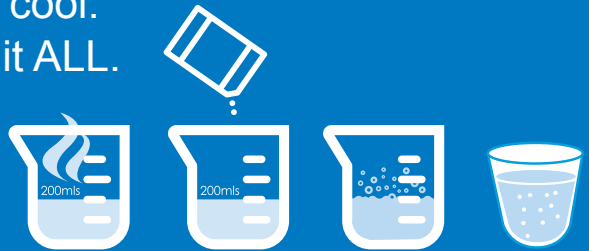
Drink plenty water or fruit squash, clear soup, black tea or black coffee.



4pm in the afternoon:

Pour 200 mls of hot water into a measuring jug.

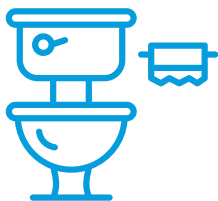
Add the sachet of CITRAMAG powder. It will fizz.
Mix it well. Allow it to cool.
When it is cool drink it ALL.



DON'T take these medications if

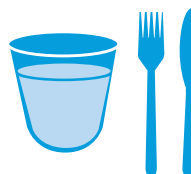
- you are pregnant
- you are allergic to them
- you have severe kidney failure

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





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