

# FLEXIBLE SIGMOIDOSCOPY BOWEL PREPARATION ADVICE SHEET

## AFTERNOON APPOINTMENT

To ensure that your examination is a success please follow these instructions carefully.

### **7 DAYS BEFORE YOUR PROCEDURE:**

- If you take iron tablets or supplements, stop taking them today.

### **2 DAYS BEFORE YOUR PROCEDURE:**

- You may eat and drink today, but please take a low residue diet as described on the diet advice sheet overleaf.

### **THE DAY BEFORE YOUR APPOINTMENT:**

**At 7 am in the morning:** Have a low residue, light breakfast.

**At 7.30 am in the morning:** Pour 200mls of hot water into a measuring jug and empty in one complete sachet of CITRAMAG powder. The mixture will fizz and expand, so you should mix it in a large vessel. Stir thoroughly, allow to cool and then drink ALL the solution.

You must not eat food or drink any drinks with milk in from now on, until after your test.

**You should expect to start having frequent, liquid bowel movements, any time after you have taken the dose of CITRAMAG. You should make sure you stay near a toilet until the effects of the medicine have worn off.**

### **ADDITIONAL INSTRUCTIONS**

- When taking CITRAMAG it is important to make sure that water lost from the body is replaced. You should start drinking plenty of clear fluids after your dose of CITRAMAG and continue up until your procedure.
- You will be able to eat normally once the examination is over.
- If you think the preparation hasn't worked properly, please call the unit on the morning of your appointment for advice on what to do.
- If you do not have a bowel movement at all, become unwell or you think you have had a reaction to the preparation, please seek medical advice immediately.

# LOW RESIDUE DIET ADVICE SHEET

It is recommended that you follow a low residue diet prior to your procedure as it contains foods that are easy to digest and is designed to limit the intake of foods with a high fibre content. Foods that are high in fibre add bulk to the stool, they aren't easily digested and can often leave a 'residue' behind in the bowel.

	Foods allowed	Foods to avoid
<b>Starchy Foods</b>	White bread/flour, white pasta, white rice, cous cous, pastry (white flour)	Wholemeal or granary bread/flour, wholemeal pasta, brown rice, pearl barley, Quinoa
<b>Breakfast cereals</b>	Cornflakes, Rice Krispies, Frosted flakes	All whole-wheat cereals (e.g. bran flakes, all bran, Weetabix, Shreddies etc.) Porridge and muesli, all containing fruit/nut pieces.
<b>Dairy</b>	Milk, yoghurts (smooth varieties, cheese)	Yoghurts or cheeses containing fruit/nut pieces
<b>Meat, fish &amp; Eggs</b>	All tender meat, fish and poultry, all eggs	Tough, gristly meat, skin and bones of fish, pies/egg dishes containing vegetables as listed
<b>Vegetables</b>	1-2 portions daily: Peeled, well cooked, soft mashable vegetables, without skins, potatoes (without skins), crisps	Raw vegetables, baked beans, split peas/lentils, peas, sweetcorn, celery, all seeds, pips, tough skins, potato skins
<b>Fruit</b>	1-2 portions daily: Soft/ripe peeled fruit without seeds or pips, e.g. tinned fruit, peaches, plums, melon, apricots, nectarines, ripe bananas, apples and pears	All dried fruit, citrus fruit, berries e.g. strawberries, raspberries, blackberries, prunes, smoothies and fruit juice with pulp/bits
<b>Nuts</b>	Nil	Avoid all, including coconut and almond
<b>Desserts &amp; sweets</b>	Sponge cakes (without fruit/nuts), custard, ice cream, jelly, semolina, rice pudding, chocolate (without fruit/nuts), seedless jam, plain biscuits	Puddings/cakes/biscuits made with wholemeal flour, dried fruit or nuts (e.g. mince pies, fruit crumble etc), chocolate/toffee/fudge with dried fruit/nuts, marmalade with peel and jam with seeds, popcorn, marzipan, digestive biscuits
<b>Fats</b>	All are ok in moderation	Nil
<b>Other</b>	Clear soups/Bovril, spices/pepper stock cubes, tea, coffee, squash	Lentil/vegetable soups, pickles/chutneys, horseradish, relish

## ADDITIONAL INFORMATION

Very fatty foods can be difficult to digest and may cause discomfort if eaten in large quantities.

Spicy foods can also cause discomfort and should be avoided.