

Flexible Sigmoidoscopy Prep

You can purchase the FLEET enema products at your pharmacy in the laxative section (saline or phosphate based. Do NOT use mineral oil Enemas).

Appointment Date: Check In Time: Procedure Performed by:

Special Medication and Diabetic Directions: See separate instructions.

Begin clear liquid diet 24 hours prior to exam.

Clear liquid diet:

Water, coffee, tea, (NO milk or cream), clear fruit juices, soda pop, Gatorade, Chicken bouillon or clear broth, popsicles, JELL-O

(Avoid the color RED)

Use two FLEET Enemas.

Use 1 FLEET Enema 2 hours before your appointment. Follow the instructions on the box.

Use the 2nd FLEET Enema 1 hour before appointment. Follow the instructions on the box.

No chewing tobacco for 6 hours prior to procedure.

DO NOT put ANYTHING in your mouth the 2 hours before your procedure.

This includes but is not limited to: bowel prep, medication, hard candy, and chewing gum.

Take your regular morning medications at least 2 hours before your appointment.

No Food. No Drink. 2 hours.

You also need to arrange for an adult driver that is able to walk on their own, help you in and out of a car, drive you home and remain with you for 6 hours.

If these instructions have not been followed your appointment may be delayed or cancelled.

If you received these instructions by email, you will also receive an attachment with additional. important information.