



## **Instructions for your Flexible-Sigmoidoscopy**

### **3 Days before your procedure.....**

- Purchase two (2) 4.5 oz Fleet (brand) enemas. They come in a green and white box and can be purchased over-the-counter from your pharmacy.
- **Do not use mineral oil or other oil retention enemas**
- Read your instructions below.

### **The day of your Flexible Sigmoidoscopy.....**

- **90 minutes before your arrival time**, you will need to administer the 2 Fleet enemas at home.
- Lying on your left side with your knees drawn up towards your chest, **take the first enema and retain for approximately 5 minutes** before releasing it into the toilet.
- **10 minutes after you have released the first enema, take the second enema and retain for 5-7 minutes.**
- You may eat light meals or snacks prior to the enemas, but once you have administered them, do not eat until after the procedure.

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Appt Date:

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Time:

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Location:

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