

FLEXIBLE SIGMOIDOSCOPY PREPARATION

Your doctor has asked that you have a test to look into the last portion of your colon. To prepare for this exam we ask you to do the following:

1. You may eat a normal diet the day before your exam, avoiding salads and high fiber foods.
2. If constipation is a problem for you, take two tablespoons of Milk of Magnesia as you go to bed the night before your exam.
3. The day of your exam do not eat or drink within two hours of your test.
4. To prepare your bowel for the exam you will need two Fleet Enemas, in the green and white box. . **The enema is ready to use.**
5. **Carefully read and follow the usage instructions on the back of the box.**
Remove the orange protective shield from the enema tip before inserting
6. Use the first enema 1 hour before you have to leave home, and the second enema after the first enema is eliminated.
7. Lie on your left side. Do not give yourself the enema while sitting on the commode, as this will be ineffective. With gentle steady pressure, insert the enema tip into your rectum with a slight side-to-side movement. **Do not force the enema tip into your rectum as this can cause injury.** Squeeze the bottle until nearly all liquid is gone. It is not necessary to empty the bottle completely as it contains a little more liquid than is needed.
8. Remove the enema tip from your rectum and maintain position until the urge to evacuate is strong (usually 2 to 5 minutes). Go to the bathroom and evacuate.

