



SIGMOIDOSCOPY PREPARATION INSTRUCTIONS

INSTRUCTIONS:

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 when you go to bed the night before your exam
3. If you require sedation do not eat or drink within eight (8) hours of your procedure and you will need a driver to take you home.
4. To prepare your bowel for the exam you will need two saline or Fleets enemas. Use the first enema one (1) hour before you have to leave home, and the second enema after the first enema has been eliminated.
5. Remove the orange lubricating tip from the bottle.
6. Lay on your left side. Do not give yourself the enema while sitting on the commode as it 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.
7. Remove the enema tip from your rectum and maintain your position until the urge to evacuate is strong which usually takes two (2) to five (5) minutes.
8. Go to the bathroom and evacuate.