

**FAIRFAX COLON & RECTAL SURGERY, P.C.**

DONALD B. COLVIN, M.D., F.A.S.C.R.S.

PAUL E. SAVOCA, M.D., F.A.S.C.R.S.

LYNDA S. DOUGHERTY, M.D., F.A.S.C.R.S.

DANIEL P. OTCHY, M.D., F.A.S.C.R.S.

LAWRENCE E. STERN, M.D., F.A.S.C.R.S.

JOSEPH C. MULLER, M.D., F.A.C.S.

COLORECTAL/ANORECTAL SURGERY, COLONOSCOPY, ANORECTAL PHYSIOLOGY

**PREPARATION FOR FLEXIBLE SIGMOIDOSCOPY**

**Diet prior to the examination:** If the appointment is scheduled before 12 noon please stay on clear liquids for dinner the night prior and breakfast before the examination. If your appointment is scheduled after 12 noon, Eat only clear liquids for breakfast and lunch the day of your procedure.

1. Purchase 2 adult regular fleet enemas.
2. Take the first fleet enema 2 hours before leaving for your appointment. Be sure to follow the instructions on the box (hold for about 10 minutes).
3. Take the second fleet enema 1 hour before leaving for your appointment. Again be sure to follow instructions and hold for 10 minutes.

If you have any questions please call the office:

Fairfax (703) 280-2841

Reston (703) 435-8018