

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

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COLORECTAL/ANORECTAL SURGERY, COLONOSCOPY, ANORECTAL PHYSIOLOGY

**PREPARATION FOR FLEXIBLE SIGMOIDOSCOPY**

Liquid dinner the night before if your appointment is scheduled before 12 noon.

If your appointment is after 12 noon, liquid breakfast the day of procedure.

1. Purchase 2 adult regular fleet enemas (saline).
2. Take the first fleet enema 2 hours before leaving for your appointment. Be sure to follow the instructions on the box (hold for at least 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