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 main office and ask to speak to a nurse: (703) 280-2841