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.

**Enema Bowel Prep**

- Purchase 2 adult regular fleet enemas (saline).

- Insert the first fleet enema 3 hours before you plan to leave your appointment. Do your best to hold the enema for 10 minutes.

- Insert the second fleet enema 1 hour before leaving for your appointment. Again be sure to follow instructions and hold for 10 minutes.

- **How to use an enema**: Remove the protective cap from the pre-lubricated enema tip before using. Gently insert the tip into the rectum with a slight side-to-side movement, with the tip pointing towards the navel. **Do not force the enema tip into the rectum as this can cause injury.** Slowly squeeze the bottle until nearly all the liquid in the bottle is gone. Then remove the tip from the rectum. Maintain your position until a strong urge to defecate is felt. Do not retain the enema solution for more than 10 minutes.

*If you have any questions regarding preparing for your appointment; please contact the office at (703) 280-2841.*