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Enema Bowel Prep



1. Purchase 2 adult regular fleet enemas (saline).
2. Take the first fleet enema 3 hours before leaving for your appointment. Be sure to follow the instructions on the box (*hold for 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.

Enema Instructions:

- 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.
- 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.