

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 you 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 you appointment, please call the main office at (703) 280-2841 EXT 4 to speak to a nurse.