

# Sigmoidoscopy Preparation Instructions

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You will need to buy 2 Fleet Enemas (in the green and white box). These can be bought over the counter at the drug store. Have nothing to eat or drink from midnight the night before the procedure.

One (1) hour prior to the exam, take the 2 Fleet Enemas rectally. In order to cleanse the bowel properly, the contents of the bottle should be held in the rectum as long as possible (usually 5-7 minutes). Take them consecutively (one after the other).

If you have any questions, please call our office at 404-355-3200.

If your procedure is scheduled after 2:00pm, you may have a light breakfast before 9:00am.

This should NOT CONTAIN any fats or dairy products. After your breakfast follow the prep as stated above.