

# Flexible Sigmoidoscopy Prep Instructions

Purchase: 2 Fleet Enema's at any pharmacy

## Evening Before Test

1. Have **Clear** liquids only for the supper (water, juices, soda, jello, Popsicle, black coffee, tea).
2. Take 1 Fleet Enema before bed. Hold it as long as possible and then go to sleep.
3. Do Not eat or drink after midnight except for your prescription medications the morning of your test, unless advised differently.
4. Take 2nd Fleet Enema one hour before leaving for your test.
6. If you are taking **Coumadin**, please **CALL** us to discuss your Medications before your procedure. If you are a **Diabetic** on medication, please **CALL** us to discuss your medications before your procedure.

Please remember to bring a list of your current medications with you.