

Flexible Sigmoidoscopy Prep

1. You may have clear liquids for dinner only on the day before your procedure.
2. Take one Fleet enema 2 hours before bedtime the day before the procedure.
3. No breakfast the day of your procedure.
4. Take another Fleet enema 1 hour before your appointment.
5. Try to hold each enema for 10 minutes.
6. You may take your regular medications with a small amount of water, unless otherwise directed by the physician, except insulin which may be taken after the procedure with food.