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Lynbrook

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Freeport

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## **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.