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INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY

Date of Procedure: _____ Time: _____

Buy 2 Fleet Enemas at any Drug Store. It is sold without a prescription.

Half an hour before leaving for our office for your procedure, take off the orange cap, insert the tip of the enema into the rectum and squeeze the bottle until it's empty.

This is all done while lying on your left side with your knees bent.

After the enema, stay on your side for 10-15 minutes, then go to the bathroom.

Repeat these steps with the second bottle.

Come to the office for examination

Please call if you have any questions.