Instructions For Before Your Procedure

• Please purchase two (2) Fleet® enemas for preparation, which you can buy at your local pharmacy.

Day of procedure: Date: __________________________

• You may have a light breakfast (coffee, juice and toast).

• Two (2) hours before your procedure, use the first Fleet® enema. Please follow the following instructions:

1 – Lie on your left side with knees bent.

2 – Take orange cover off the tip of the enema bottle.

3 – Insert enema tip into rectum. Squeeze bottle until nearly all the liquid is gone.

4 – Remove enema tip from rectum.

5 – Lie on your left side until the urge to have a bowel movement is strong (usually 1-5 minutes).

6 – You may go to the bathroom and expel the enema liquid.

7 -  Repeat this process with the second enema about 20 minutes later.

What is a flexible sigmoidoscopy?
A colonoscopy lets the doctor look inside the lower part of your colon with a flexible scope. It allows the doctor to see inflamed tissue, growths, ulcers and bleeding. The procedure can also be used to find polyps.

For the test, you will lie on your left side. The doctor will insert a long, flexible, lighted tube called a colonoscope into your rectum and slowly guide it through your rectum and sigmoid. The doctor can carefully examine the lining of the colon. The scope bends, so the doctor can move it around the curves of your colon. The scope also blows air into your colon, which inflates the colon and helps the doctor to see better.

If anything abnormal is seen, like a polyp or inflamed tissue, the doctor can remove all or part of it using instruments passed through the scope. The tissue (biopsy) is sent to the lab for testing. If there is bleeding in the colon, the doctor can use equipment through the scope to stop the bleeding.