

Alliance Digestive Disease Consultants

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INSTRUCTIONS FOR SIGMOIDOSCOPY

Purchase two (2) boxes of “Fleet-Ready-To-Use Enema” from your local pharmacy.

Approximately 2 hours before the exam.

- 1) Follow the instructions on the “Fleet-Ready-To-Use Enema” box. Use the two bottles of enemas.
- 2) Refill one bottle with warm tap water and reuse 2 - 3 times, until discharge runs clear.

Food: If you are scheduled in the morning you may have either coffee or juice. If you are scheduled in the afternoon you may have a light breakfast and lunch.

Medications: You are permitted to take your medications as usual.