



FLEXIBLE SIGMOIDOSCOPY

NAME _____

DOCTOR _____

DATE _____

ARRIVAL TIME _____

FACILITY _____

INSTRUCTIONS:

Purchase two (2) Plain Fleet Enemas.

Two hours BEFORE your scheduled appointment, take one (1) enema and hold 3-5 minutes, then expel. Wait 10 minutes and then take the second enema and hold 3-5 minutes, then expel.

_____ There are NO dietary restrictions; eat as you normally would.

_____ Nothing to eat or drink after MIDNIGHT

Do NOT take any laxatives by mouth. This will not clear the colon properly.

If you are unable to do the enemas, please notify the office at (419)-471-1350