



FLEXIBLE SIGMOIDOSCOPY INSTRUCTIONS

1. Purchase **two Plain Fleet Enemas** from any drugstore.
2. One hour before your arrival time, insert the first enema. Hold for 1 to 3 minutes and then expel. Immediately following the first one, repeat the second dose using the same instructions.
3. Have nothing to eat after midnight prior to this procedure. You may have water only up to four (4) hours prior to the exam.
4. If you have requested sedation, please bring someone with you that can safely drive you home. If you are given sedation, you will not be permitted to drive upon departure (no taxi or public transportation).