

## **Flexible Sigmoidoscopy Prep**

You have been scheduled for a procedure with Northern New Mexico Gastroenterology Associates. Please follow these instructions to prepare for your flexible sigmoidoscopy.

**Please read all the instructions ahead of time so you can be adequately prepared for this procedure.**

**IF YOU MUST CANCEL THIS APPOINTMENT, PLEASE PROVIDE ADVANCED NOTICE OF AT LEAST THREE (3) WORKING DAYS. FAILURE TO DO SO MAY RESULT IN A \$100.00 CHARGE TO YOU.**

### **SUPPLIES TO PURCHASE:**

- Two 4 ½ ounce bottles of **PLAIN FLEET ENEMAS**

### **MORNING EXAM:**

**You may have a light breakfast, then clear liquids only up until one hour before your procedure.**

**You may have clear liquids from the following list:**

\*Chicken, beef, or vegetable broth, apple juice, soft drinks, Gatorade, coffee, tea, iced tea, iced coffee (no cream, milk, soy, rice, or additives may be used), water, jello, popsicles \*\*\*NONE OF THESE MAY BE RED, BLUE, OR PURPLE

**Give yourself the first Fleet Enema- 2 hours prior to your exam**

**Give yourself the second Fleet Enema- 1 hour prior to your exam**

**Retain each of the enemas for 2 to 5 minutes before expelling**

**Use the 4 ½ ounce plain Fleet Enemas with nothing added**

### **AFTERNOON EXAM:**

**On the day of your procedure, no solid food after 11:00 am, then clear liquids only up until one hour before your procedure**

**Give yourself the first Fleet Enema- 2 hours prior to your exam**

**Give yourself the second Fleet Enema- 1 hour prior to your exam**

**Retain each of the enemas for 2 to 5 minutes before expelling**

**Use the 4 ½ ounce plain Fleet Enemas with nothing added**