

**PREPARATION INSTRUCTIONS FOR
SIGMOIDOSCOPY USING:
FLEET ENEMAS®**

Arrival Time: _____

Date: _____

Doctor: _____

Do not take this preparation if you have kidney failure, heart failure, or poorly controlled high blood pressure.

Do these things **7 DAYS BEFORE** the procedure:

Stop taking Iron. Continue taking your other medications.

If you are taking Coumadin or any blood thinner – call your doctor for special instructions.

Buy two (2) bottles of FLEET Enemas (green and white box). FLEET enema is a brand of enema, which is available in most pharmacies without a prescription. Please follow the instructions on the package insert carefully to ensure a successful test.

If you need to cancel your appointment, call (617) 638-6525 option #1.

The entire visit will last approximately 2-3 hours.

Do these things **THE MORNING OF**

The procedure:

Please use two FLEET ENEMAS two hours before you leave for the hospital. Once the fleet enemas are given do not eat or drink until the test has been completed.

- **Take your normal medication with a sip of water. Please bring a list of current medications.**
- ***Diabetics- if you take insulin, take one-half dose of insulin on the morning of the procedure. If you take a pill for your diabetes, you may skip it on the morning of the procedure unless instructed otherwise.***

If you have problems completing this preparation, call the GI fellow on call (617) 638-5793

Do these things **2 DAYS BEFORE** the procedure:

Drink at least 8 glasses of water throughout the day.

Stop eating seeds, popcorn, nuts, whole grains, and green vegetables.



**830 Harrison Ave, Boston MA 02118
2nd Floor of the Moakley Building
Suite 2200
617-638-6525 option#1**