

**Great Lakes Gastroenterology**

**Flexible Sigmoidoscopy –Fleet Enema Only**

It is **IMPORTANT** that you read these instructions well in advance and follow them completely to ensure a successful exam.

**What you will need:**

- (2) Fleet Enema (green and white box)
- Sold over the counter; you do not need a prescription.

<b>DAY BEFORE your procedure</b>	<b>DAY OF your procedure</b>
<ul style="list-style-type: none"><li>• NO SOLID FOOD STARTING AT 4:30PM</li><li>• Drink clear liquids beginning at 4:30 pm such as water, sport drinks, tea or black coffee (no milk or cream), broth, apple or white grape juice, soda's, jello, or popsicles. NO red or purple</li><li>• NO ALCOHOL or any recreational drugs</li></ul>	<ul style="list-style-type: none"><li>• You can drink clear liquids up to <u>4 hours</u> before your appointment.</li><li>• No gum, candy or breath mints within <u>4 hours</u> of your appointment.</li><li>• Do not use any form of tobacco products <u>4 hours</u> before your test.</li><li>• Remove contacts lenses, and all body piercings.</li></ul>
<ul style="list-style-type: none"><li>• Drink clear liquids at 4:30pm.</li></ul>	<ul style="list-style-type: none"><li>• At _____ am/pm (<u>2 hour</u> prior to arrival time) use one Fleet Enema</li><li>•</li><li>• At _____ am/pm (<u>1 hour</u> prior to arrival time) use one Fleet Enema</li></ul>