

Flexible Sigmoidoscopy Preparation Instructions

Date: _____ Time: _____ Location: St. Francis Hospital 2nd Floor Suite 202

Items to Purchase:

- 2 Fleet enemas

One day prior to the procedure:

NOTHING TO EAT OR DRINK AFTER MIDNIGHT (12AM)

On the day of your procedure:

1. 1 hour before you leave to go to the hospital for your procedure, begin the prep with the Fleets enemas.
 - a. Follow the directions on the package and insert the first enema, hold it as long as possible and then expel it.
 - b. Repeat with the second enema.
**If you notice that the return of the second enema is still filled with fecal waste, please the Endoscopy nurse know when you arrive to the hospital.
2. Take your anti-seizure, GERD/reflux, blood pressure, and heart medications with a sip of water the morning of your procedure.
3. **Do not** take any long-acting insulin the night before the procedure and no insulin or diabetic medications the morning of the procedure.
4. You **MUST** have a companion/friend/family member/caregiver to drive you home. You **cannot** drive or operate machinery of any type for 24 hours.