



## Flexible Sigmoidoscopy – Fleet Enema

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Dr. \_\_\_\_\_ has scheduled you for a Flexible Sigmoidoscopy on  
\_\_\_\_ / \_\_\_\_ / \_\_\_\_ at the \_\_\_\_\_ office with an arrival time of  
\_\_\_\_\_ am / pm.

**The following are instructions for your procedure. Please follow these instructions carefully.**

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### **Seven (7) days prior to your procedure:**

Purchase two (2) Fleet Enemas and Dulcolax 5mg laxative tablets over the counter from any pharmacy

### **One (1) day prior to your procedure:**

Stay on a clear liquid diet for the entire day (see attached list).

At 6:00pm take two (2) Dulcolax tablets.

Before bedtime use one (1) Fleet enema.

### **The day of your procedure:**

Take any blood pressure / heart medications with a small sip of water.

Before leaving for your appointment use one (1) Fleet enema.

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If you have any questions, please contact our office at any time at 678-741-5000.