



Flexible Sigmoidoscopy – Tap Water Enema

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.

Seven (7) days prior to your procedure:

Purchase two (2) enema bags from any pharmacy

One (1) day prior to your procedure:

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

Before bedtime use one (1) tap water 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) tap water enema.

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