



Flexible Sigmoidoscopy – Fleet 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) 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:

Remain on clear liquid diet until three (3) hours prior to procedure.

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

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

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

Nothing by mouth including chewing gum, hard candy or mints 3 hours prior to procedure or risk delay or cancellation