



## Flexible Sigmoidoscopy – Tap Water 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) 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:**

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) tap water enema.

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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**