

Flexible Sigmoidoscopy Prep

You have been scheduled for a procedure with Northern New Mexico Gastroenterology Associates. Please follow these instructions to prepare for your flexible sigmoidoscopy.

Please read all the instructions ahead of time so you can be adequately prepared for this procedure.

IF YOU MUST CANCEL THIS APPOINTMENT, PLEASE PROVIDE ADVANCED NOTICE OF AT LEAST THREE (3) WORKING DAYS. FAILURE TO DO SO MAY RESULT IN A \$100.00 CHARGE TO YOU.

SUPPLIES TO PURCHASE:

- Two 4 ½ ounce bottles of **PLAIN FLEET ENEMAS**

MORNING EXAM:

You may have a light breakfast, then clear liquids only up until one hour before your procedure.

You may have clear liquids from the following list:

*Chicken, beef, or vegetable broth, apple juice, soft drinks, Gatorade, coffee, tea, iced tea, iced coffee (no cream, milk, soy, rice, or additives may be used), water, jello, popsicles ***NONE OF THESE MAY BE RED, BLUE, OR PURPLE

Give yourself the first Fleet Enema- 2 hours prior to your exam

Give yourself the second Fleet Enema- 1 hour prior to your exam

Retain each of the enemas for 2 to 5 minutes before expelling

Use the 4 ½ ounce plain Fleet Enemas with nothing added

AFTERNOON EXAM:

On the day of your procedure, no solid food after 11:00 am, then clear liquids only up until one hour before your procedure

Give yourself the first Fleet Enema- 2 hours prior to your exam

Give yourself the second Fleet Enema- 1 hour prior to your exam

Retain each of the enemas for 2 to 5 minutes before expelling

Use the 4 ½ ounce plain Fleet Enemas with nothing added