

South Island Gastroenterology Associates, PC

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PREPARATION FOR FLEXIBLE SIGMOIDOSCOPY

Approximately two hours before your appointment, please take a plain **SALINE Fleet Enema.** Please follow the directions on the box on how to administer the enema. After you finish evacuating in the bathroom, please repeat this with a **Second SALINE Fleet Enema.**

You may have a light breakfast and/or lunch (depending on the time of your appointment), such as toast and coffee before taking your enemas.

DO NOT EAT AFTER TAKING YOUR ENEMAS!

You may take necessary medications, such as your heart, blood pressure or diuretic as usual, and a small amount of water needed.

DATE: _____ TIME: _____