

Sigmoidoscopy Instructions

Date: _____

Arrival Time: _____

Purchase two (2) fleets enema a week before the procedure.

Night before

1

Follow the instructions on the enema box and take the first fleet enema at 6 pm. No solid food after midnight. Drink clear liquids only.

Day of procedure

2

Take one (1) fleet enema four (4) to six (6) hours before your procedure. Do not drink clear liquids four hours prior to the procedure.

What is a clear liquid?

Anything you can see through, but limit diet drinks. No red, blue, or purple please!

- Chicken, beef, or vegetable broth or bouillon cubes
- Crystal Light, sparkling water, or sports drinks
- Jell-O, Popsicles (without fruit), Italian ice
- Apple, white cranberry, or white grape juice
- Ginger-Ale, 7-Up, Sierra Mist
- Tea or coffee without milk/cream
- Ensure (clear apple flavor only)