



## Flexible Sigmoidoscopy

### Preparation

Procedure Date & Time:

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#### What you will need:

2 Fleet Enemas

#### Prep Instructions:

- Do not eat solid foods after midnight.
- You should have a **CLEAR LIQUID DIET** one (1) meal prior to your procedure.  
**START DIET AT:** \_\_\_\_\_
- Use **1 FLEET ENEMA 1-2 hours** before your procedure. Hold as long as possible then expel the enema (no longer than 15 minutes), then repeat with the **2<sup>nd</sup> ENEMA**.
- Arrive at **SUMMIT ENDOSCOPY CENTER** at the above specified date and time.