Your: __________________________________________

Is on: __________________________________________

Your Arrival time is: ________________________________

PURCHASE AT THE PHARMACY: (over the counter) 2 Fleet Enemas

1. On the day before the sigmoidoscopy __________ Clear liquids only: water, tea, coffee, Gatorade, apple, or cranberry juice, Jell-O (NO red Jell-O), beef or chicken broth, sodas, ginger ale, bullion and popsicles. No solid food or milk products. We encourage drinking as much clear liquid up to time indicated.

2. __________________ The day before the procedure use 1 Fleet Enema.

3. __________________ The morning of the procedure use 1 Fleet Enema.

4. ___/___/___ Day of Exam
You may have clear liquids until the time of your sigmoidoscopy.
Heart and blood pressure medications should be taken on the day of your procedure.

Please limit jewelry to rings only. No earrings or necklaces should be worn. If you have any problems taking this prep (vomiting), call our office at 824-6108 ext. 221 during normal office hours. After 5:00 p.m. please call Flagler Hospital at 819-4802 or 826-4700 and ask for your physician.

Flexible Sigmoidoscopy 3/2011