

Preparation for flexible sigmoidoscopy

Purchase two (2) Fleet Enemas (green box) from your pharmacy

Take the 1st enema 1 – 2 hours prior to your appointment time

Take the 2nd enema ½ hour (30 minutes) after you take the 1st enema

You may eat a light meal prior to your procedure

As with any procedure, review your medications with your doctor prior to the scheduling.