

# **Pre-Procedure Instruction for Sigmoidoscopy**

## **Fleet Saline Enema**

**Only use this preparation if directed to by your specialist.**

**The flexible sigmoidoscopy is done as an out-patient procedure. The only preparation for this procedure is for you to give yourself two Fleet saline enemas thirty minutes apart at home on the morning of your procedure. Fleet enemas can be purchased over the counter at any drug store and come with instructions for their use. Use of Fleet enemas encourages emptying of the colon. In certain circumstances, such as diarrhea and colitis, the physician may forgo any preparation for this exam. Most medications can and should be continued as usual. If you are a diabetic, you may eat; however, if possible, it is better to just have coffee, tea or juice beforehand.**

**This procedure takes approximately ten minutes and is generally well tolerated. You will be lying on your left side for the procedure. There is often a feeling of pressure, bloating, or cramping at some point during the procedure, but this is brief. After a sigmoidoscopy, you should be able to eat and resume your normal activities. Since you will not be sedated, you can drive home unescorted.**

**Please be sure to verify the location of your procedure with your GI doctor's office.**