



## Flexible Sigmoidoscopy (Fleet's Enema Prep Sheet)

Your procedure is scheduled for \_\_\_\_\_ at \_\_\_\_\_ (given in pre-op call)

The surgery center will call the week before your procedure to give your arrival time and review your health history.

### What to expect during the procedure:

- A thin lighted flexible scope is inserted into the rectum and then advanced slowly to examine the colon. You may experience some pressure and cramping with the procedure, but this is due to the air that is used to expand the colon to obtain good visualization.
- The exam usually takes about 5 – 10 minutes
- Your doctor will explain what was observed after the exam and provide you with as much information as possible.

### Prep Instructions prior to exam:

- The GI scheduler will provide you with 2 Fleet's enemas for your prep.
- No special diet is needed **prior** to your use of the enemas (unless given other instructions by your doctor).
- You will begin a **CLEAR LIQUID DIET** following the enemas.

#### Day of procedure:

- You may take your usual medications prior to your procedure.
- Approximately 2 hours prior to your procedure, administer **ONE** of the two Fleet's enemas (follow directions on the box).
- After you evacuate the Fleet's material, repeat the same steps using the **SECOND** Fleet's enema.
- If the evacuated material is not clear, then you may fill the bottle with warm water and repeat the enema to completely cleanse the lower bowel. When you are sure your lower bowel is clean, you may discard the bottle.
- After the enema prep, begin a **CLEAR LIQUID DIET (see list below)** up until the time of your exam. **NO SOLID FOOD** until after your procedure.

ACCEPTABLE		UNACCEPTABLE	
Broth	Sports drinks	Milk	ANY food or drink with
Jell-O	Vitamin water	Cream	red or purple colors
Popsicles	Plain coffee	Dairy products	ALCOHOL
Soda	Plain tea	Soy/nut based dairy	
Apple juice	Hard candies	liquids	
WHITE grape juice	Non-pulp fruit ice	Protein powders	
WHITE cranberry juice		Juice with pulp	

**PLEASE NOTE: IF YOU NO-SHOW FOR YOUR PROCEDURE AND/OR CANCEL/RESCHEDULE WITH LESS THAN FOURTEEN (14) DAYS NOTICE, YOU WILL BE CHARGED \$400.**

**Call the doctor's office for help if you have any trouble or don't understand the prep instructions:**

**Tigard Office: 503-293-0161 Ext. 4053**

**TPC Main Number: 503-221-0161**

**Beaverton Office: 503-646-0161 Ext. 2232**

**Alberty Surgical Center: 503-445-9066 Ext. 4623**