Main Line HealthCare
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Flexible Sigmoidoscopy Enema Prep Instructions

Please read and follow the preparation instructions carefully to ensure your colon is cleansed and the procedure can be performed safely.

In certain cases, your physician may advise using a prescription solution as part of the preparation. If this applies to you, your doctor will provide separate directions for that regimen.

Failure to properly follow the preparation instructions may result in your flexible sigmoidoscopy being postponed, canceled, or needing to be repeated.

Medications: Certain medications need to be held prior to colonoscopy. If you are on **blood thinners**, **weight loss medications** or **diabetes medications**, please discuss this with your GI physician, primary care provider and/or cardiologist at the time of scheduling your procedure.

You will need a ride home from your procedure with someone you know. Leaving the endoscopy center alone or driving after your procedure is not permitted for 24 hours.

YOU CANNOT EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE YOUR PROCEDURE.

Please purchase 2 (two) sodium phosphate enemas at your local pharmacy. You do not need a prescription this can be purchased over the counter. One common brand is FLEET.

Be sure to use an enema product, NOT an oral or liquid laxative.

Please follow the instructions below carefully to ensure a successful procedure.

- 2 (two) hours before your leave for the hospital on the morning of your procedure, use 2 (two) FLEET enemas 30 minutes apart.
- Please hold the enemas for at least 15 minutes each
- Follow the instructions on the package to ensure that the enema in inserted corrected to have a successful procedure.

Once the Fleet (or name brand) emenas are given, **DO NOT EAT OR DRINK UNTIL THE PROCEDURE HAS BEEN COMPLETED.**

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