



The Reimer Clinic

For Health and Peace of Mind

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Flexible Sigmoidoscopy Preparation Instructions using Fleet Enemas

Your flexible sigmoidoscopy is scheduled for:

Please arrive 30 minutes before your procedure.

For best results please follow these instructions EXACTLY.

At least one day before your procedure:

Purchase two Fleet enemas at a pharmacy.

The day before your procedure:

Eat a light lunch and then stay on clear fluids until after your procedure. Clear fluids include beef or chicken consommé, broths, pop, fruit juices (without pulp), jello (except red or orange coloured), tea, and coffee. Avoid cream and milk. A clear fluid is anything that you can see through that does not contain solids.

The day of your procedure:

Do not eat or drink anything for two hours before your procedure.

Two hours before you leave home, take the two Fleet enemas. Insert the first enema into your rectum and empty the solution into your rectum. Hold the enema in for five or ten minutes if you can before a movement. After the first enema is completed, repeat with the second.

A note about sedation

Most people tolerate the procedure well and do not require sedation. Sedation is available if you wish it.

If you take ASA, Coumadin/Warfarin, or Plavix, please consult with your family physician or your Reimer Clinic physician about when or if to stop taking this medication.

If you choose to have sedation, arrange for someone to drive you home after your procedure. This person should be available no later than 1 hour after your appointment time. You will be unable to operate a motor vehicle for 24 hours.