

WESTCHESTER PUTNAM GASTROENTEROLOGY
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FLEXIBLE SIGMOIDOSCOPY

Preparation

- The day before the procedure, purchase **three (3)** Fleet enemas from the pharmacy.
- There is no need to fast or adhere to any special diet the day of the exam.
- On the morning of your procedure (about 1 hour prior to leaving for your exam), administer the **first** Fleet enema. Follow with **second** fleet enema 20 minutes later.
- It is important that the returns are clear. If they are not clear, then the lower colon is not adequately clean. A **third** enema will then be necessary just before coming to your procedure.
- DO NOT take the third enema if the returns are clear. Usually two enemas will be sufficient.
- After the procedure you will be able to return to your usual activities.
 - Please bring your insurance card and driver's license the day of your procedure.
 - If you have any questions or concerns, please call the office.