

Sigmoidoscopy Prep

Date of Procedure: _____ Arrival Time: _____

DAY OF PROCEDURE:



- You should take your morning medications and continue a normal diet.
- Use one Fleet enema (directions are on the box), two (2) hours before you plan on leaving home. Use a second Fleet enema one (1) hour before leaving home.
- If you are traveling a long distance, begin the enemas sooner than 2 hours and one hour before leaving home.