PREPARATION INSTRUCTIONS FOR SIGMOIDOSCOPY USING:
FLEET ENEMAS®

Do not take this preparation if you have kidney failure, heart failure, or poorly controlled high blood pressure.

Do these things 7 DAYS BEFORE the procedure:

Stop taking Iron. Continue taking your other medications.

If you are taking Coumadin or any blood thinner – call your doctor for special instructions.

Buy two (2) bottles of FLEET Enemas (green and white box). FLEET enema is a brand of enema, which is available in most pharmacies without a prescription. Please follow the instructions on the package insert carefully to ensure a successful test.

If you need to cancel your appointment, call (617) 638-6525 option #1.

The entire visit will last approximately 2-3 hours.

Do these things 2 DAYS BEFORE the procedure:

Drink at least 8 glasses of water throughout the day.
Stop eating seeds, popcorn, nuts, whole grains, and green vegetables.

Do these things THE MORNING OF the procedure:

Please use two FLEET ENEMAS two hours before you leave for the hospital. Once the fleet enemas are given do not eat or drink until the test has been completed.

- Take your normal medication with a sip of water. Please bring a list of current medications.
- Diabetics- if you take insulin, take one-half dose of insulin on the morning of the procedure. If you take a pill for your diabetes, you may skip it on the morning of the procedure unless instructed otherwise.

If you have problems completing this preparation, call the GI fellow on call (617) 638-5793

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Endoscopy Center
BOSTON MEDICAL CENTER

830 Harrison Ave, Boston MA 02118
2nd Floor of the Moakley Building
Suite 2200
617-638-6525 option#1