

**PREPARATION INSTRUCTIONS FOR  
Flexible Sigmoidoscopy and  
Rectal Endoscopic Ultrasound: FLEET ENEMAS®**

Arrival Time: \_\_\_\_\_

Date: \_\_\_\_\_

Doctor: \_\_\_\_\_

Do these things **7 DAYS BEFORE** the procedure:

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.

Continue taking your regular medications.

If you are taking Coumadin or any blood thinners – call your prescribing doctor for special instructions about stopping the medication for your procedure.

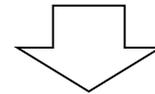
If you need to cancel or reschedule your appointment, call (617) 414-2600 option #1.

Do these things **ON THE DAY OF** the procedure:

Please use two FLEET ENEMAS two hours before you leave for the hospital. Please follow the instructions on the package insert carefully to ensure a successful test.

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 in the morning, *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. *Please check your blood sugar level in the morning and if it is low or if you feel shaky, drink apple juice, sports drink or soda.*



Most people undergo this test without sedation. ***If you think you will need sedation please note the following requirements:***

**You must have an escort home.** You cannot drive or travel alone after the procedure because of the effects of sedation. Your escort must be a responsible adult. Please inform your escort that the entire visit will last approximately 1-2 hours.

**You must have an empty stomach for the procedure.** No solid food within 8 hours of your procedure. You may have *clear (transparent) liquids only* up until 2 hours of your procedure.

Examples of clear liquids:

- Apple or white grape juices (NO pulp)
- Broths that are clear and contain no solids
- Tea and coffee WITHOUT milk or cream
- Soda, sports drinks, Kool-Aid, Jell-O, Popsicles, (any color **except red**)



**830 Harrison Ave, Boston MA 02118  
2<sup>nd</sup> Floor of the Moakley Building  
617-414-2600 option#1**