

Treasure Coast Gi
1701 SE Hillmoor Dr Suite 4
Port St Lucie, FL 34952
Phone-772-777-2575

FLEXIBLE SIGMOIDOSCOPY PREP

Read these instructions at least a week before you come for your procedure.

WHAT IS A FLEXIBLE SIGMOIDOSCOPY?

A flexible sigmoidoscopy is a test that allows the doctor to check the lower part of your bowel. A flexible black tube is used to do this examination. The tube is about the size of your little finger and is inserted into your rectum during the test.

HOW DO I GET READY?

- ☐ The entire day before your examination drink just clear liquids (nothing red)
- ☐ Take two 5mg Dulcolax tablets the night before your test at 6:00 pm.
- ☐ One hour prior to coming for your test, you will need to give yourself 2 Fleets enemas.

☐ Fleet Enema Prep Instructions

- ☐ Purchase 2 Fleet enemas.
- ☐ Remove the cap from the enema.
- ☐ Bend over; you do not need to lie down.
- ☐ Insert lubricated tip of enema into your rectum.
- ☐ Squeeze entire contents of enema into your rectum.
- ☐ Sit on toilet; hold enema as long as you can, or up to 5 minutes before releasing.
- ☐ Repeat with second enema.