

FLEXIBLE SIGMOIDOSCOPY PREPARATION INSTRUCTIONS

DO inform your doctor if you are taking anti-coagulants such as Coumadin. You may need to stop it before this procedure.

DO eat a light supper the evening before the procedure and a light breakfast the morning of the procedure.

DO administer two fleet enemas (disposable and obtained over the counter) within 90 minutes of your procedure. Take the first enema, followed immediately by the second enema, so that the water from both enemas is in your bowel at the same time. Do not go to the bathroom between the first and second enemas. Hold the enemas together for several minutes, if possible, before expelling them. This should allow for an adequate exam of your lower colon.

You will be called 10 to 14 days after your procedure to discuss any biopsy results and any further follow-up needed.