

## **Flexible Sigmoidoscopy Prep**

- Purchase two Fleet enemas. These are available over the counter at your pharmacy.
- Continue to take your prescribed medications as usual.
- Approximately one hour before you must leave for your appointment, administer the first Fleet enema rectally and allow it to work. Repeat this procedure with the second Fleet enema approximately one half hour later. Specific instructions on how to use the enemas are enclosed in the package.