

RECTAL PROCEDURE - FLEXIBLE SIGMOIDOSCOPY **PREPARATION**

General Instructions:

You will need to purchase two regular Fleets Enemas or similar generic brand products in preparation for this procedure, available in most supermarkets and all drug stores.

You may take your usual medications unless instructed otherwise. However, **DO NOT TAKE ANY** aspirin, aspirin containing products, non-steroidal anti-inflammatory drugs, ibuprofen, Motrin, Voltaren, Naproxen, Naprosyn, Aleve, Anaprox, Indocin, arthritis medications, ginkgo or vitamin-e one week prior to this procedure. Please inform your doctor immediately if you are taking any of these drugs.

Day prior to Exam:

Take a Fleets Enema (in the knee-chest position as described on the package), in the evening before bedtime.

Day of Exam:

Consume no food or liquids for at least 4-hours prior to your scheduled surgery.

Take another Fleets Enema (in the knee-chest position as described on the package) about 30 minutes before leaving to the surgery center.

If oral or Intra Venous (IV) sedation is planned, expected, or given for your procedure; you must be accompanied by a friend or relative to drive and/or assist you safely home.