



**PACT Gastroenterology Center**  
Hamden • Milford • Guilford



## How to prepare for your Flexible Sigmoidoscopy with anesthesia with fleet enemas

**Follow only these instructions (disregard the instructions that come with the kit). Please read over these instructions carefully as soon as you receive them.**

**Remember, your appointment could be rescheduled or cancelled if:**

- **You do not finish your prep or appropriately follow the prep instructions below.**
- **You consume any food or drink within 8 hours of your arrival time.**
- **You do not arrive for your appointment on time.**
- **You do not have a ride home.** Medications will be given to you at the time of your procedure that will impair your judgment and reflexes. You will not be able to drive yourself, and you will only be able to use a taxi or bus service if you have a responsible adult age 18 year or older to accompany you.
- **You have a change in your health insurance coverage.** Your new plan may require us to obtain authorization before performing your procedure, a process that can take some time. Please notify us of any changes to your insurance immediately.

### One week before your procedure...

1. **Purchase 2 Fleet enemas**
2. **Arrange for transportation to and from your procedure.** You will not be allowed to drive yourself. You may not use a taxi or bus service unless you have a responsible adult 18 years or older to accompany you.
3. **Please refer to the instructions provided by the office regarding preprocedure medication changes. If you have any questions, please contact the office.**

### On the day of your procedure..

1. **You cannot have anything to eat or drink 8 hours prior to your arrival time for procedure**
2. **1 hour prior to your arrival time:**
  - Give yourself two Fleet enemas. Insert one enema and try to hold for 3 to 5 minutes and then expel the liquid. Next, insert the second enema and try to hold for 3 to 5 minutes and then expel the liquid.

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