



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



## How to prepare for your Flexible Sigmoidoscopy without 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 do not arrive for your appointment on time.**
- **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. **Purchase items for the clear liquid diet:**
  - Clear broth or bouillon
  - Soda, Gatorade (yellow or clear) or clear fruit juice (apple, white grape, lemonade)
  - Popsicles (no purple, red, or orange) or italian ice (lemon or lime)
  - Jell-O (no purple, red, or orange)
  - Coffee or Tea (no milk, cream, or dairy).
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 may have a clear liquid diet until your procedure (as listed above)**
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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