

HAMPSHIRE GASTROENTEROLOGY ASSOCIATES, LLC
10 Main Street, Florence, Massachusetts 01062 (413) 586-8910 FAX (413) 584-7270
PRACTICE LIMITED TO GASTROENTEROLOGY AND LIVER DISEASE
www.hampshiregi.com

Jaya Agrawal, MD, MPH
David A. Berkman, MD

David Kalman, MD
Joseph P. Tassoni, JR, MD
Michal Ganz, MD

INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY WITH FLEET ENEMA

If you are on any medications, please contact the office to see if they need to be discontinued prior to procedure.

Nothing to eat or drink 4 to 6 hours prior to exam.

Please avoid all gum or hard candy 3 hours prior to the exam.

Buy 2 Fleet enemas at any pharmacy.

USE OF FLEET ENEMA:

Use one bottle of fleet enema 2 hours before bed.

Use one bottle of Fleet enema about one to two hours before your appointment.

Instructions for use of fleet enema:

Lie on your left side and bring your knees towards your chest. Follow the directions on the side of the bottle to insert the tip of the bottle within the rectum, and gradually squeeze the bottle so that the liquid advances into the rectum.

Hold this water for 10-15 minutes and then evacuate it as completely as possible.

After this enema has been finished, once again fill the bottle with warm tap water and administer a second enema for a similar period of 10-15 minutes.

Should a large amount of semi-solid stool still be present at the end of the second enema, take a third. Under no circumstances should you take more than three enemas.

If you have any questions, please do not hesitate to call the office at **413-586-8910**.

MUST HAVE A RIDE HOME

TEST DATE: _____

ARRIVAL TIME: _____

LOCATION: _____
