

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 USING TAP WATER

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 a Fleet enema or generic enema bottle at any pharmacy.

(If being done at CDH, they will call you one day before, in the p.m.)

USE OF FLEET BOTTLE FOR TAP WATER ENEMA

About one to two hours before your appointment, empty out the contents of the enema bottle into the sink or toilet and fill it with warm tap water.

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 water 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 **413-586-8910**.

MUST HAVE RIDE HOME.

TEST DATE: _____

ARRIVAL TIME: _____

REPORT TO: ___ Cooley Dickinson Hospital, Endoscopy unit (Emergency Entrance)
___ Valley Medical Group, 31 Hall Drive, Amherst (Ambulatory Surgical Center Main Floor)