

## Sigmoidoscopy Preparation

GILAB

BEAVER MEDICAL GROUP

Purchase two (2) Fleets enemas at any drug store.

Drink only clear liquids after midnight the night before your exam.

No solid food or liquids for 2 hours before your procedure.

Day of exam:

1. Take your usual medications.
2. If you are on Coumadin (Warfarin) or another blood thinner, it is your responsibility to notify this office, as well as your primary care physician so that alternate medication can be prescribed.
3. **Nothing to drink for two (2) hours before your exam.**
4. The first Fleets enema should be administered two (2) hours before your appointment at \_\_\_\_\_am/pm.  
Follow the directions on the Fleets enema box.
5. Repeat Fleets enema one (1) hour before your appointment at \_\_\_\_\_am/pm.
6. Take no laxatives the day before the exam.
7. Report for your appointment at the Gastroenterology dept. at Beaver Medical Group at \_\_\_\_\_am/pm for your appointment with  
Dr. \_\_\_\_\_.
8. You will receive another Fleets enema when you arrive.
9. Plan to be here for approximately one hour.
10. To change your appointment or if you have questions, please call 909-862-1191.