

RECTAL SURGERY or FLEXIBLE SIGMOIDOSCOPY
PREPARATION:

Day prior to exam:

Consume no food after 7:00pm. Clear liquids allowed only, after 7:00pm.:

Apple & Cranberry juice 7-Up
Tea & Coffee (no cream) Water
Jello (any color but red) Bouillon
Light soup or broth Coke/Pepsi

Take a Fleets® Enema just before bedtime.

Consume no food or liquid after midnight.

Morning of exam:

Take a Fleets Enema 30 minutes before leaving to the surgery center.

If sedation is given, bring a driver for the car ride home.