



NORTH VALLEY GASTROENTEROLOGY MEDICAL GROUP, Inc.  
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## **FLEXIBLE SIGMOIDOSCOPY PREPARATION**

To ensure a successful procedure, your lower colon needs to be as empty as possible. For this reason, we request your compliance to the following preparation instructions.

1. Obtain 2 Fleets Enemas from your local pharmacy.
2. No food or drink after midnight.
3. 2 hours before your scheduled appointment time:
  - a. Give yourself 1 Fleets Enema rectally following the insert directions. Retain the fluid 5-10 minutes before expelling.
  - b. 10 minutes after expelling the results of the first enema, give yourself a second enema as in step "a".
4. If you have any questions or concerns, please call us at 671-3671