



FLEXIBLE SIGMOIDOSCOPY PREP INSTRUCTIONS

FLEET ENEMA

SAMPLE INSTRUCTIONS ONLY. PLEASE CONTACT OUR OFFICE FOR INSTRUCTIONS SPECIFIC TO YOU.

PREPARATION **BEFORE** YOUR PROCEDURE

PURCHASE 2 (TWO) FLEET ENEMAS.

A Fleet Enema is a rectal wash. It can be purchased at any pharmacy over-the-counter. Follow instructions on the box.

EVEN IF YOU HAVE A STOMA, YOU WILL NEED TO DO THE ENEMAS.

EVENING BEFORE YOUR PROCEDURE

At bedtime the evening before your procedure: Administer the **first** Fleet Enema.

3 (THREE) HOURS BEFORE YOUR PROCEDURE

At 3 (three) hour before your procedure's scheduled time: Administer the **second** Fleet Enema.

EAT AND DRINK AS NORMAL. DO NOT FAST.

AFTER HEMORRHOID BANDING

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- It is normal to have aching/discomfort in the rectum. This is usually gone within 24-48hr
- It is normal to have small amounts of persistent rectal bleeding until the tissues have healed
- Discomfort may be relieved by sitting in a warm bath or taking a mild pain killer such as Tylenol (Acetaminophen) or its equivalent
- You may resume work and all normal activities as soon as you are free of pain
- Avoid dairy products, alcohol, caffeine, and spicy food as these may cause irritation
- FOLLOW YOUR DOCTOR'S INSTRUCTIONS REGARDING RESTARTING

OF ANY BLOODTHINNERS (i.e., anticoagulant medication)

Most patients note significant improvement in their hemorrhoidal symptoms after banding.

If you experience ANY of the following, contact your family doctor or report to your local Emergency Department:

- **Chills**
- **Fever greater than 38 degrees Celsius**
- **Difficulty urinating**
- **Increasing unrelieved pain**
- **Increased bleeding, especially 7-14 days after the procedure**