



GOTHAM
MEDICAL
ASSOCIATES

SIGMOIDOSCOPY INSTRUCTIONS

Procedure Date/Time: _____ **Arrival Time:** _____

1. Purchase two (2) Fleet Enemas at any drug store (you do not need a prescription).
2. Do not eat or drink for 8 hours prior to your scheduled appointment.
3. Use the first enema 2 hours prior to leaving your home (follow package directions).
4. Use the second enema $\frac{1}{2}$ hour after the first enema.