



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.