

SAN JOSE GASTROENTEROLOGY

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INSTRUCTIONS FOR SIGMOIDOSCOPY

(FLEET SALINE ENEMA 4.5oz OR Ducolax suppository)

In order for the examination to be faster and more comfortable for you, please follow the instructions below:

One (1) Week before your exam: STOP taking Iron supplements. AVOID seeds and fiber (berries, multi grain bread, popcorn)

OBTAIN obtain from your local pharmacy. You do not need a prescription for this medication.

You don't have to fast for the procedure. You may have a light meal one hour before the procedure on the day of the exam.

On the day of the exam: Follow the instructions below for your bowel preparation:

One hour before you leave the house, use the first bottle (bottle of FLEET SALINE ENEMA 4.5oz OR Ducolax suppository) according to the direction on the box.

- 30 minutes later: use the 2nd bottle
- 15 minutes later: use the last bottle

If you need to reschedule or cancel your appointment, please contact us at 408-347-9001 at least 3 business days in advance before your procedure.

**** DO NOT bring children to your appointment, we do not have child care services ****

Thank you very much for your cooperation.