

Flex-Sig/Fleet Enema Prep Instructions

Arrive at _____ on _____

To the _____

Please follow the instructions below. Failure to read and comply with these instructions jeopardizes the safety of your procedure and may result in the late cancelation of your procedure and a \$150 CANCELLATION FEE

Please bring a driver with you.

You cannot eat or drink anything after midnight the night before the procedure.

Hold your regular medications the morning of the procedure EXCEPT any blood pressure medicines. You may take them with a small sip of water.

Take one enema 4 hours prior to your arrival time.

Take another enema 3 hours prior to your arrival time.

You can obtain an enema over the counter at your local drug store. If you are unsure, please call the nurse, Whitney, at 870-881-9311 ext 3.

How to use Fleet Enema 19 Gram-7 Gram/118 MI

This product is for rectal use only. Follow all directions on the product package. If you have any questions, ask your doctor or pharmacist.

Wash your hands before and after using this product. Remove the protective shield from the enema. Lie on your left side with knee bent. Or if you find it more comfortable, you may kneel, then lower your head and chest forward until the left side of your face is resting on a flat surface with your left arm folded comfortably. With steady pressure, gently insert enema tip into the rectum with a slight side-to-side movement, pointing the tip toward the navel. Do not force the enema tip into the rectum because you could hurt yourself. Squeeze the bottle until the recommended amount of the drug is inside the rectum. You do not need to empty the bottle completely because it has more liquid than needed. Remove the bottle tip from the rectum. Stay in position for 1 to 5 minutes until you feel a strong urge to have a bowel movement.

FAILURE TO COMPLY WITH THESE INSTRUCTIONS MAY RESULT IN CANCELLATION OF YOUR PROCEDURE AND \$150 CANCELLATION FEE.

If you have any questions, please call or text our office at (870) 881-9311.