

Baystate Gastroenterology

Test location: Chestnut Surgical Center, 759 Chestnut Street, Springfield, MA 01199

Questions? Need to change your appointment? Call us at (413) 794-7364

Flexible Sigmoidoscopy Preparation

1. Purchase two Fleet enemas from the local pharmacy. This is an over-the-counter medication that does not require a prescription.
2. The day before the procedure you may have a normal diet.
 - If your procedure is scheduled for the morning, do **NOT** eat or drink after midnight.
 - If your procedure is scheduled for the afternoon, you may have a light breakfast before 8 AM.
3. Two hours prior to the procedure, take one of the Fleet enemas according to the directions on the container.
4. Take the second enema half an hour after the first.
5. Take all of your medications as usual.