

GI OF NORMAN, LLC
FLEXIBLE SIGMOIDOSCOPY/BARIUM ENEMA PREPARATION
FLEETS PREP

Bowel preparations are variable and can be quite uncomfortable. Constipated patients usually require a more rigorous preparation and you should discuss this with the nurse.

*****NO ASPIRIN OR COUMADIN FIVE DAYS BEFORE PREPARATION*****
*****NO SEEDS, HULLS, OR NUTS THREE DAYS BEFORE PREPARATION*****

Obtain a 3 oz. bottle of Fleet's Phospho-Soda laxative and a Fleet's Enema at any pharmacy.

Day before Examination: _____

1. At 8:00 a.m. take 4 Dulcolax tablets.
2. Drink only clear liquids for breakfast, lunch, and dinner.

CLEAR LIQUIDS ALLOWED: WATER, CLEAR FRUIT JUICE (APPLE, CRANBERRY), BOUILLON, PLAIN JELLO (BUT NOT RED JELLO), ETC. NO SOLID FOODS, MILK, OR MILK PRODUCTS.

3. At 12:00 add 1/2 of the 3 oz. (1-1/2 oz.) of Oral Fleet's Phospho-Soda to one-half glass of water and take. Liquids are encouraged.
4. Drink one 8 oz. glass of water each hour, or every other hour, beginning at 1:00 for an eight hour period.
5. At 4:00 p.m. add the second 1/2 (1-1/2 oz.) of Oral Fleet's Phospho-Soda to one-half glass of water and take. LIQUIDS ARE ENCOURAGED.

Day of Exam:

1. Administer Fleets enema at home about one hour before leaving your house. This is necessary to ensure the colon is clean.
2. On day of procedure no medications are to be taken except heart or blood pressure medications, seizure meds, asthma meds.
3. Water only is allowed until four hours before the exam. Nothing to drink after _____AM/PM except to take medications.
4. Your procedure is scheduled for _____. Arrive for admitting process at 1125 N. Porter, Suite 301 or 304 at _____.

During the Fleet's bowel prep, if nausea or vomiting occur, stop the preparation and wait two hours, then resume with 1/4 bottle rather than the 1/2 bottle.

YOU MAY EXPERIENCE MILD TO MODERATE ABDOMINAL CRAMPS OR DISCOMFORT, WHICH WILL PASS, AND YOU SHOULD CONTINUE TAKING YOUR PREPARATION AS DIRECTED TO ENSURE YOUR COLON IS AS CLEAN AS POSSIBLE. VASELINE OR VITAMIN A&D OINTMENT CAN BE UTILIZED TO KEEP RECTAL SKIN AREA COVERED. IF YOU WILL BE MEDICATED FOR THIS PROCEDURE YOU MUST BRING A DRIVER WITH YOU. PLEASE DRESS COMFORTABLY IN A LOOSE TWO PIECE OUTFIT. IF YOU HAVE ANY QUESTIONS, YOU MAY CALL THE OFFICE AT 360-2777.