

Purchase from the Pharmacy:

- 2 Fleet Enemas

Diet Instructions

- You may eat a light breakfast the day of your procedure.
- Unless instructed by your physician, you may continue to consume clear liquids up to the time of your procedure.

Medication Instructions

- You may not take any muscle relaxers or anticholinergic medications (oxybutynin, valium)
- You may take stool softeners, laxatives, or enemas as you normally do prior to the procedure.
- You may take necessary prescription medications the day of your procedure.

General Considerations

- Although you will not be receiving anesthesia, you will need to complete a pre-procedural questionnaire form.
- Bring identification, insurance information as well as a current list of medications to your procedure appointment.

Procedure Preparation Instructions

- **The day of your procedure, four (4) hours prior to your procedure time:**
 - Administer the first enema according to the package instructions.
- **The day of your procedure, three (3) hours prior to your procedure time:**
 - Administer the second enema according to the package instructions.
- You will be asked to empty your bladder just prior to the exam.

Contact the on-call Gastroenterologist at 941-262-0400 if any problems arise during the bowel preparation process.