

**DR. ERIC. S. TEITEL M.D., F.A.C.G.
DR. DAVID E. LIN M.D. F.A.C.G**

FLEXIBLE SIGMOIDOSCOPY

BEFORE PROCEDURE:

1. PURCHASE 3 (THREE) FLEET ENEMAS FROM THE PHARMACY.
2. PURCHASE ONE BOX OF DULCOLAX LAXATIVE PILLS (not stool softeners)

ONE DAY BEFORE PROCEDURE:

1. YOU WILL HAVE A REGULAR BREAKFAST AND LUNCH.
2. AFTER YOUR LAST SOLID MEAL (lunch) YOU WILL TAKE 2 DULCOLAX PILLS.
3. YOU WILL HAVE CLEAR FLUIDS FOR DINNER (see page 2) YOU MAY HAVE CLEAR FLUIDS UNTIL MIDNIGHT.
4. TAKE ONE OF THE FLEET ENEMAS BEFORE RETIRING.

DAY OF PROCEDURE:

1. TWO HOURS PRIOR TO YOUR APPOINTMENT TAKE ANOTHER OF THE FLEETS ENEMAS; IF THE RETURNS ARE NOT CLEAR TAKE THE LAST ONE. IT IS IMPORTANT THAT THE RETURNS ARE CLEAR.
DO NOT TAKE MORE THAN A TOTAL OF THREE (3) ENEMAS

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL THE OFFICE.

Cortlandt Manor: 914-734-8224

Carmel: 845-278-1600