



The Endo Center of Elgin
745 Fletcher Drive
Elgin, IL 60123

Algonquin Road Surgery Center
2550 West Algonquin Rd
Lake in the Hills, IL 60156

Advocate Sherman Hospital
1425 North Randall Rd
Elgin, IL 60123

AMITA Health St Joseph Hospital
77 North Airlite
Elgin, IL 60123

Northwestern Medicine Huntley Hospital
10400 Haligus Rd
Huntley, IL 60142

Flexible Sigmoidoscopy With Sedation Prep

Scheduled Date:

Time:

Arrive at:

Doctor:

Buy two Fleet Enemas in the green and white boxes at any pharmacy

These are over the counter items so you do not need a written prescription for them

Fleet Enema is a saline laxative. Saline laxatives work by drawing water into the colon which helps produce a bowel movement. This provides a soft stool mass and increased bowel action. A bowel movement should be stimulated 1-5 minutes, without pain or spasm. Fleet enemas are latex free.

Fleet Enema is useful for bowel cleansing before undergoing a rectal examination.

Eat normal meals the day before the exam. Nothing to eat or drink after midnight.

Three Hours Before the Scheduled Procedure Time:

Give yourself the first Fleet enema. Try to hold it three to five minutes before expelling it.

One Half Hour After Your First Enema:

Give yourself the second Fleet enema. Try to hold it three to five minutes before expelling it.

TRANSPORTATION HOME (Applicable only if sedation is being used):

Because of the medications you will be given during the procedure, you will need someone to drive you to the facility, stay in the building while you are having your procedure, and then drive you home. You will not be able to use a taxi or bus. The test may be cancelled if you do not have a driver. There will be no exceptions. After the procedure, you may resume driving the next day unless your doctor instructs you differently. If you have any questions, please call our office at 1-847-888-1300.