



Digestive Disease Center of Virginia

A Division of TPMG



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Flexible Sigmoidoscopy Procedure Instructions

Your scheduled appointment is: Date _____ *Time _____

* The Surgery Center where you are having the procedure will call you with your exact arrival time the day before the procedure.

- Purchase two (2) Fleets enemas (over-the-counter)
- Use 1 enema 2 hours prior to the procedure
- Use 1 enema 1 hour prior to the procedure

! Please note that you will need to have someone present at your appointment to take you home after your procedure.