Flexible Sigmoidoscopy – No Sedation

21 DAYS BEFORE OR AS SOON AS POSSIBLE:

- ☐ Purchase the following supplies at your local pharmacy:
  - **Two (2) FLEET** Saline Enemas

Cancel or Reschedule Your Appointment:
If you are having flu-like symptoms (such as fever, cough, shortness of breath) within 14 days of your appointment please call to reschedule. If you have any newly diagnosed medical conditions (like diverticulitis, heart problems, breathing problems), please call our office. If you need to cancel or reschedule for any other reason, call 612-871-1145 at least 72 hours prior to your appointment.

DAY OF YOUR PROCEDURE:

- **DO NOT USE:** chewing tobacco, THC, marijuana, or illegal drugs
- There are no dietary restrictions
- You may continue medications as usual

- **1 ½ HOURS BEFORE LEAVING FOR YOUR PROCEDURE:**
  - ☐ Rectally administer the 1st Fleet enema

- **1 HOUR BEFORE LEAVING FOR YOUR PROCEDURE:**
  - ☐ Rectally administer the 2nd Fleet enema

Are You Ready?
When you are finished with your prep you should not have any solid stool, only brown liquid stool. If you are unsure if your prep was effective, please call our office at 612-871-1145 before you leave for your appointment.

Questions?
Have questions about your procedure prep or upcoming appointment? Visit:

- Frequently Asked Questions: https://www.mngi.com/patient-procedure-faqs
- Procedure Overview: https://www.mngi.com/search/patient-services