

Fleet Enema Preparation

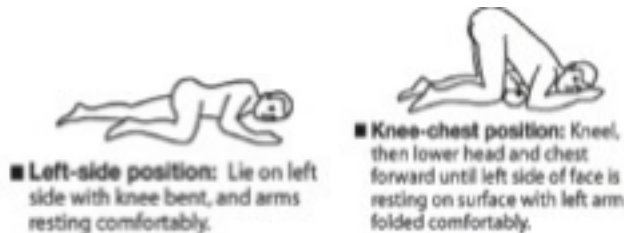
Attention:

You must be off aspirin and other blood thinners 7-10 days prior to the procedure. Tylenol is ok to take. - Please purchase the following at your pharmacy:

- Fleet Enemas (Quantity 2)

How to Perform a Fleet Enema

- Remove the protective shield from the enema.
- Lie on your left side position or in the knee-chest position .



- With steady pressure, gently insert enema tip into the rectum with a slight side-to-side movement, pointing the tip toward the navel.
- **Do not force the enema tip** into the rectum because you could hurt yourself. • Squeeze the bottle until the recommended amount of the drug is inside the rectum. You do not need to empty the bottle completely because it has more liquid than needed.
- Remove the bottle tip from the rectum. Stay in position for 1 to 5 minutes until you feel a strong urge to have a bowel movement

Day Prior to Your Procedure

Follow a regular but light diet on the day prior to the procedure

- *Diabetics:* Take only half of your diabetes medication the day prior to your procedure • **At 8 PM (Day prior to procedure after dinner), perform the *first fleet enema*** • **Nothing to eat or drink after midnight-not even water**
- You may take your regular medications at your regular time with a tiny sip of water except blood thinners or aspirin

Day of Procedure:

- **Perform the *second fleet enema* 1-2 hours prior to your arrival at the hospital/surgery center**

Arrive: _____ Check-in Time: _____

Please be advised that your check in time is tentative. You will be called the business day prior to your procedure to confirm the time. You must have someone drive you home following the procedure due to the medications given.