



PREPARATION SHEET FOR THESE EXAMS

SHORT COLONOSCOPY | SIGMOIDOSCOPY OR RECTAL ECHO-ENDOSCOPY

The test that you must have (short colonoscopy | sigmoidoscopy or rectal echo-endoscopy) requires bowel preparation. You must self-administer two types of Fleet enema. Instructions are as follows:

1. You will need to purchase two bottles of *Fleet* enemas at the pharmacy.
2. You must self-administer both enemas at 15 minutes intervals two hours before your appointment.
3. Remove the nozzle and cap from the disposable enema bottle.
4. Positions for using the enema:



5. Insert the cannula slowly into the rectum.
6. Slowly squeeze the bottle to empty content into the rectum.
7. Then remove the cannula from the rectum.
8. Keep the same position until you have an urgent need to release bowels (can take up from 2 to 10 minutes).
9. Eliminate stools.

You may need someone you know to administer the enema.

Revision and Layout

Service des communications

Direction des ressources humaines, des communications et des affaires juridiques

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IMPORTANT

It is important to follow all guidelines; if you do not, your exam may be postponed.

Centre intégré
universitaire de santé
et de services sociaux
de l'Estrie – Centre
hospitalier universitaire
de Sherbrooke

Québec 