

FLEET ENEMAS BOWEL PREPARATION

To enable the bowel wall to be seen clearly, the bowel must be completely empty. This can be achieved by giving Fleet enemas, (2 x 133ml saline laxative). This will stimulate lower bowel movement, which empties the bowel.

***Fleet Enemas are available from your chemist.**

THREE DAYS PRIOR TO TEST:

Avoid all nuts, food with seeds or skins, e.g. Tomatoes, kiwifruit, grain breads etc for the 3 days immediately prior to your examination.

DAY PRIOR TO TEST:

1. **No solid foods, milk or milk products allowed.** Drink only 'clear liquids' such as clear soup, jelly, clear apple juice, soft drink, water, tea and coffee without milk. You may drink as much of this as you like up until the time of your appointment tomorrow.
2. **If you have a morning appointment** then you will need to administer the **first** enema at approximately 7pm the evening before. Please follow the instructions on the fleet enema box.
3. After you have had a bowel motion, administer the **second** enema. (Even if you have had a good result from the first enema).

DAY OF TEST:

1. **If you have an afternoon appointment**, then administer the **first** enema at approximately 7am on the morning of the test. Please follow the instructions on the fleet enema box.
2. After you have had a bowel motion, administer the **second** enema.

Remain on clear fluids only. On the day of the test come to the Gastroenterology Department, 1st floor, North Shore Hospital for your appointment.

**** NB:** If you feel that you cannot give yourself the enema, please ring the number on your appointment letter and we will organise for this to be done in hospital for you. You will need to call us at least 3 days before the test.