



## **Prep Instructions for Office Visit**

At a drug store purchase 2 Fleet© or store brand enemas.

Approximately 2 hours before leaving home you will need to start your prep process. If your appointment is in the morning you may do this the night before, sometime after you eat dinner and before you go to bed.

Insert lubricated tip into the anus and squeeze liquid into the anal canal until bottle is empty. Hold the liquid in your anal canal as long as possible and release into the toilet. Follow with the next enema also holding it as long as possible.

\*\*\*There is no need to fast when prepping for your appointment. You are advised to eat a light breakfast/lunch and drink plenty of fluids throughout the day.

**DO NOT DRINK THE ENEMAS.**

Please call 816-941-0800 option 3 if you have any questions.