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## PREPARATION – FLEET ENEMA

### Surgery – Exam Under Anaesthetic, Hemorrhoidectomy, Anal Fistula, Seton Placement

#### Day Before Procedure

- No diet restrictions.
- No eating or drinking after midnight.
- Two fleet enemas – Purchase over the counter at your local pharmacy. (\$3)
  - AM Appointment – One enema 2 hours after dinner the night before and one enema the morning of surgery.
  - Noon/PM Appointment – Two enemas the morning of surgery, an hour apart from each other.



**NOTE: To be used anally. DO NOT DRINK IT!**

#### Instructions (Should be on the bottle)

- To use the **enema**, lie down on your left side with your knees bent. Remove the cap from the applicator tip and gently insert the tip into your rectum. Slowly squeeze the bottle to empty the contents into the rectum. For best results, stay lying down and hold in the **enema** until you feel the urge to have a bowel movement.
- General it will start to work between 5-10 mins.
- No eating or drinking until after the procedure is completed.
- Take a bath or shower before you arrive to surgery. Do not apply lotions, perfumes or deodorants.