

Colon and Rectal Associates

Prep Instructions

If you were advised to prep for your appointment, please read carefully the following instructions:

There are no dietary restrictions before or after this prep. This is only to cleanse the rectum of any stool, so we may do the rectal the exam.

Purchase two disposable Saline Fleet Enemas (green and white box) follow the instructions on the box. These enemas are to be done 2hrs prior to your appointment, 15 minutes apart.

***NOTE:** If you have any kidney problems, empty the contents of the enema bottles and fill them with warm water before using.

If your condition is too painful, you may skip the enemas.

Thank you,

CRS Staff