

Fecal Bulking Agent Preparation

Please read all instructions thoroughly. After reading if any questions call our office.

Pick up the following the following:

One (1) Fleet Saline Enema at any pharmacy over the counter.



Beginning One Month Prior to Your Procedure:

Avoid anal manipulation, such as suppositories and enemas.

One Week Prior to Your Procedure:

Stop using anti-diarrheal medications.

Avoid strenuous physical activity, such as working out or sexual intercourse.

Twenty-four (24) Hours Prior to your Procedure:

Avoid hot baths.

The Day of Your Procedure:

Two (2) hours prior to your appointment:

Administer one (1) Fleet enema. Hold the fluid in your rectum as long as you can, then expel it.

POST PROCEDURE INSTRUCTIONS:

Do not use anti-diarrheal medication for one (1) WEEK

You may use stool softeners until you have your first bowel movement.

Avoid strenuous physical activity (such as working out or sexual intercourse) for one (1) week.

Avoid anal manipulation (suppositories or enemas) for one (1) month.

Avoid hot baths for 24 hours.

IMPORTANT:

Alert the clinic immediately if you have any severe pain, rectal bleeding, bloody diarrhea, fever, or problems urinating.

You will receive appointment reminders with the date, time, and location of your procedure. Please make sure your cell phone and email address are on file with our office.

Call our office with any questions.

GastroIntestinal Specialists A.M.C
3217 Mabel Street, Shreveport, LA 71103
(318) 631-9121 | www.gis.md