

# Bay Area Colon & Rectal Surgeons

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Date of appointment \_\_\_\_\_ Time \_\_\_\_\_

Office location  365 Lennon Lane. #290 Walnut Creek, CA 94598

1220 Rossmoor Pkwy #7 Walnut Creek, CA 94598

2400 Balfour Rd #230 Brentwood, CA 94513

## Preparation For Rectal Examination

On the day of your appointment you must do as follows:

1)  2)  3)  disposable fleet enema

1)  2)  3)  tap water enema (dump out the solution in the enema and fill with warm tap water)

Fleet enemas are available over-the-counter at any drugstore

Begin the first enema (if instructed to use more than one) approximately two hours before your appointment. Retain each enema for as long as possible before proceeding to the next one.

Failure to do this required preparation would result in the cancellation of your appointment. The doctor cannot and will not examine patients who are not thoroughly cleansed and prepared.

There is no fasting required for this examination. However, it is advised that you drink plenty of water and eat soft foods on the day of your appointment.