

# **COLON AND RECTAL ASSOCIATES, LTD.**

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1235 Old York Road, Suite G 20 \* Abington, PA 19001 \* Tel: 215-517-1250 \* FAX: 215-517-0821

Joseph H. Nejman, M.D.

Steven G. Harper, M.D.

D. Mark Zebley, M.D.

Steven A. Fassler, M.D.

Soo Y. Kim, M.D.

## **OFFICE VISIT PREP INSTRUCTIONS**

YOU WILL NEED TO PURCHASE **TWO FLEET ENEMAS**. THEY CAN BE PURCHASED AT ANY PHARMACY, AND ARE IN A **GREEN AND WHITE BOX. DO NOT GET THE ENEMAS IN AN ORANGE AND WHITE BOX, THESE ARE OIL-BASED ENEMAS THAT MAKE IT DIFFICULT FOR THE DOCTOR TO EXAMINE YOU COMPLETELY.**

USE THE FIRST FLEET ENEMA **TWO HOURS BEFORE LEAVING** FOR YOUR APPOINTMENT.

USE THE SECOND ENEMA **ONE HOUR BEFORE LEAVING** FOR YOUR APPOINTMENT.

IF YOU HAVE A **MORNING APPOINTMENT**, YOU MAY EAT A LIGHT BREAKFAST.

IF YOU HAVE AN **AFTERNOON/EVENING APPOINTMENT**, YOU MAY EAT A NORMAL BREAKFAST AND A LIGHT LUNCH.

IF YOU HAVE HAD KNEE REPLACEMENTS, HIP REPLACEMENTS, OR A MECHANICAL HEART VALVE PLACED, **AND** YOU ARE REQUIRED TO TAKE ANTIBIOTICS FOR DENTAL APPOINTMENTS, YOU WILL NEED TO TAKE THE ANTIBIOTICS FOR THIS APPOINTMENT AS WELL.