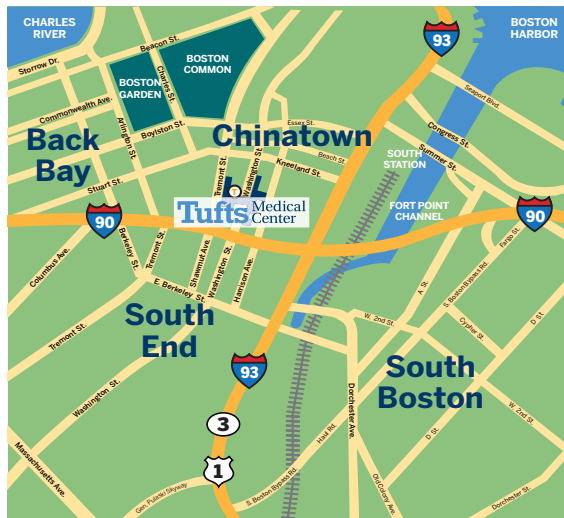


To make an appointment or ask a question,
call the Division of Colon and Rectal Surgery
at **617-636-6190**.

For urgent problems, call the Tufts Medical Center
operator at **617-636-5000** and ask for the
on-call physician for Colon and Rectal Surgery.



Tufts Medical Center is easily accessible by car from the Massachusetts Turnpike (Route 90), the Central Artery and the Southeast Expressway (Route 93). Tufts Medical Center is located in downtown Boston, in Chinatown and the Theater District and within walking distance of the Boston Common, Downtown Crossing and many hotels and restaurants. For directions, visit www.tuftsmedicalcenter.org/AboutUs/Directions.

Tufts Medical
Center

800 Washington Street
Boston, MA 02111
617-636-5000

www.tuftsmedicalcenter.org

201-062

Proctology Examination

Preparation and Treatment

Tufts Medical
Center

The proctology examination is a minor procedure, used to check the lower colon and rectum for any abnormalities such as hemorrhoids, polyps, fistulas and fissures. The examination usually takes only 3-5 minutes; however, to see clearly it is necessary to prepare the lower bowel.

DIET

After your evening meal on the day prior to the examination, do not eat any solids until after your appointment. You may drink clear fluids which include tea, coffee, jello, broth, bouillon, consomme, sugar, grape juice, apple juice, cranberry juice, Seven-up, ginger ale, Gatorade, popsicles, and water. For breakfast the day of the examination limit yourself to clear liquids. After the examination you may return to normal activities and a normal diet.

PREPARATION

Purchase one Fleet (Phosphosoda) enema. Two hours before your examination, administer the enema. Lie on your left side with your left leg straight and your right leg drawn up. After removing the enema from the box, remove the green cap. Insert the lubricated tip of the bottle gently into your anus all the way to the bottom of the slender tip and squeeze out the contents of the bottle. Then, remove the cap from the bottle, refill it with luke warm tap water and administer this in the same way and in addition to the Fleet enema to double the volume of fluid placed in the rectum and distal colon. This improves the effectiveness of the enema. Retain the enema fluid for as long as you can up to 5 minutes, then expel it in the toilet.

AFTER THE EXAMINATION

After the examination you may return to normal activities and a normal diet.

CANCELLATIONS

If for any reason you are unable to keep this appointment, please notify us as soon as possible.

For more information call the Division of Colon and Rectal Surgery at Tufts Medical Center:

617-636-6190

or visit www.tuftsmedicalcenter.org/OurServices/SurgicalServices/ColonRectalSurgery