

Fleets Enema Bowel Prep for Prostate Seed Implant

Bowel preparation, also called “bowel prep” clears out all solid matter from your bowel before your procedure. You will need to begin your bowel prep one day before your prostate seed implant. Follow the instructions below.

Your implant date is _____.

1. You will need to buy 2 Fleet Enemas from a pharmacy. You do not need a prescription for the product.
2. Eat a light dinner the night before your procedure.
3. Begin your bowel prep using the 2 Fleet Enemas. You may need to use the bathroom right away after you use the enemas. Follow the schedule below for your bowel prep.

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| If your implant procedure is at 7:00 or 7:30 AM: | The night before your implant procedure, use one Fleet Enema at 6:00 PM and the second Fleet Enema at 10:00 PM. |
| If your implant procedure is at 10:00 AM or later: | The night before your implant procedure, use the first Fleet Enema at 10:00 PM. Use the second Fleet Enema the morning of your implant procedure at 6:00 AM. |

Do not eat or drink anything after 12 midnight. You may gargle but do not swallow any liquid. Do not smoke after 12 midnight.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

4. If you were told to take medicine the morning of your procedure, take it with only small sips of water. If you are not sure what medicines you can take, bring all your medicines with you to the hospital in their original containers and ask your doctor or nurse when you arrive.

If you have questions about your prostate seed implant or the preparation before the procedure, you can call the Department of Radiation Oncology at (614) 293-8415.