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## INSTRUCTIONS FOR RECTAL MANOMETRY & BIOFEEDBACK

1. Give yourself 2 Fleet Enemas 2 hours prior to your appointment. You can purchase the Fleet Enemas from a pharmacy or supermarket.
2. If you are unable to take the Fleet Enemas, you will need to drink a ½ cap of MiraLAX 3 hours prior to your appointment. If you do not have results within 30 minutes of your first ½ cap, you will need to drink an additional ½ cap of MiraLAX.
3. You should not eat anything during the 2 hours prior to your appointment. If you are diabetic, this may involve adjusting your diabetic medications.
4. You may take regular medications with small sips of water at least 2 hours prior to your appointment.