

# WASHINGTON GASTROENTEROLOGY

## Bellevue/Eastside Division

### FLEX SIG PREP (WITHOUT SEDATION)

The following instructions are your physician's specific instructions. Please follow the instructions carefully to ensure a successful prep.

You can reach Your Patient Advisor with non-medical prep questions at **800.349.0285**

You can reach your physician's office at **425.454.4768**

**Special Note: If you would like to receive sedation for your procedure, please call your physician's office at 425.454.4768.**

#### **5 DAYS PRIOR TO THE PROCEDURE**

- Purchase (2) Fleet Enemas over the counter. Please do not use a mineral oil enema.

#### **ONE DAY PRIOR TO THE PROCEDURE**

- You should adhere to your usual diet today. Take all of your normal medications.

#### **THE DAY OF THE PROCEDURE**

- You may eat breakfast/lunch and take all of your normal medications.
- **2 HOURS PRIOR TO YOUR PROCEDURE: Use the first fleet enema following the box directions. Retain liquid for 5 minutes, then evacuate.**
- **1 HOUR PRIOR TO YOUR PROCEDURE: Use the second fleet enema following the box directions. Retain liquid for 5 minutes, then evacuate.**

The procedure takes approximately 10 to 15 minutes to complete. During the procedure, you may experience pressure and slight cramping in your lower abdomen. After the procedure, you may experience some mild gas pains. If biopsies were taken during the procedure, you may experience some traces of blood with bowel movements over the next few days.

**If you have any questions or concerns about the preparation, please contact Your Patient Advisor by calling 800.349.0285 or emailing [support@yourpatientadvisor.com](mailto:support@yourpatientadvisor.com).**