

## FLEX SIG PREP (WITH 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**

5 days prior to procedure	3 days prior to procedure	1 day prior to procedure	Day of procedure
<p><b>Review your prep instructions thoroughly.</b></p> <ul style="list-style-type: none"> <li>• Purchase (2) Fleet Enemas over the counter. <u>Please do not use a mineral oil enema.</u></li> </ul>	<p>Confirm arrangements with your friend or family member who will be DRIVING YOU HOME.</p>	<p>You should adhere to your usual diet today. Take all of your normal medications.</p> <p><b>NO FOOD after midnight.</b></p>	<p><b>NO FOOD on the day of your procedure.</b> You may drink clear liquids up until <b>3 hours prior</b> to your procedure. Clear liquid options are detailed on page 2.</p> <p>Please take all daily blood pressure medications with water <b>at least 3 hours</b> prior to your procedure.</p> <p>Follow detailed prep instructions on page 2.</p> <p><b><u>Nothing by mouth 3 hours prior to your procedure.</u></b> This includes water, gum, hard candy, lozenges, mints, and tobacco products. You may brush your teeth but do not swallow.</p> <p><i>If you have anything in your mouth during the 3 hours prior to your procedure, your appointment may be rescheduled.</i></p>

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## THE DAY OF THE PROCEDURE

**NO FOOD UNTIL AFTER YOUR PROCEDURE.** Starting at MIDNIGHT the night before your procedure, you must adhere to a clear liquid diet. You may consume clear liquids up to **3 hours prior to your procedure.**

### CLEAR LIQUID DIET (No liquids with red or blue dye)

- Bouillon/Broth: chicken, beef or vegetable
  - Juice: apple juice, white cranberry juice, white grape juice
  - Water: plain or flavored
  - Soda: Sprite or 7-Up
  - Other: Gatorade, Crystal Light, Pedialyte, coffee, tea (Do NOT add milk, cream, or non-dairy creamer; you may add sugar or other sweeteners if desired)
  - Popsicles: orange, lime, lemon flavored
  - Jell-O: orange, lime, lemon flavored
  - Candy: hard candy such as LifeSavers, suckers, gummy bears
- **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 movement over the next few days.

## 3 HOURS BEFORE YOUR PROCEDURE

**- NOTHING BY MOUTH**

**- NOTHING TO EAT OR DRINK UNTIL AFTER YOUR PROCEDURE**

**- DO NOT USE chewing tobacco, gum, lozenges, candy or breath mints**

- If you take daily medication, you may take it with **small sips of water only**, at least 3 hours before your procedure
- If you use a CPAP at night for sleep apnea, please bring it with you to your procedure.
- If you use an inhaler for pulmonary disease, please bring it with you to your procedure.

**PLEASE ARRANGE TRANSPORTATION WITH AN ESCORT THAT YOU TRUST TO RECEIVE YOUR DISCHARGE INSTRUCTIONS. ALL PATIENTS WILL BE REQUIRED TO HAVE AN ESCORT – YOU CANNOT DRIVE (OR TAKE A TAXI, UBER OR LYFT WITHOUT AN ESCORT). YOU MUST PLAN TO REFRAIN FROM WORKING, DRIVING OR OPERATING HEAVY MACHINERY FOR AT LEAST 12 HOURS AFTER YOUR EXAMINATION. ALCOHOL AND SEDATIVES SHOULD BE AVOIDED FOR 24 HOURS AFTER THE PROCEDURE. IF YOU HAVE BIOPSIES OR A POLYP REMOVED, YOU WILL NEED TO AVOID ASPIRIN, ASPIRIN-RELATED PRODUCTS, AND BLOOD THINNERS FOR 24 HOURS.**

**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.**