

Flex/Sig Preparation Instructions

You must have someone available to drive you home after your procedure. Plan on spending 2 ½ hours at the facility. Your flex/sig is scheduled on _____ Check-In: _____ Location:

(CHECK-IN TIME IS SUBJECT TO CHANGE)

FIVE DAYS BEFORE FLEX/SIG STOP TAKING THE FOLLOWING:

- **Aspirin, Fish Oil, Vitamin C, Vitamin E, St. John's Wort, or NSAIDS (such as Ibuprofen, Aleve, Naproxen, Alka Seltzer, Excedrin)**
- **Call our office if you are on blood thinners such as Plavix, Coumadin or Effient and take insulin.**
- **Do not eat seeds or nuts for 5 days prior to flex/sig.**
- Purchase **2 Fleet enemas**. These can be purchased over the counter at any pharmacy.
- Purchase plenty of clear liquids. These can include coffee without creamer, tea, broth, jello, popsicles, soft drinks, apple juice. **Avoid liquids that are red or purple in color.**

DAY OF FLEX/SIG

- You will start the clear liquid diet at midnight.
- You may continue clear liquids until 2 hours prior to check in time. Do not have anything by mouth after this point, as your stomach must be completely empty.
- **1 hour prior to check in time, you will give yourself the first enema.** Try to hold the liquid in for 15 minutes. If this is not possible, at least 5 minutes is acceptable.
- **Bring the second enema with you to your procedure.**

If biopsies are taken during your procedure, please allow 10 business days for results

72 hour notice for cancellation or reschedule