



Procedure Date: \_\_\_\_\_ Doctor: \_\_\_\_\_

Procedure Time: \_\_\_\_\_ Check-In Time: \_\_\_\_\_

# FLEX SIGMOIDOSCOPY PREP INSTRUCTIONS

1 Week Prior	1 Day Prior	Day of Procedure
<ul style="list-style-type: none"> <li>• Purchase a 10-ounce bottle of Magnesium Citrate (Citrus or Cherry flavor)</li> <li>• Purchase a Fleet Disposable Enema</li> <li>• <b><u>LAST CHANCE TO CANCEL YOUR PROCEDURE! PLEASE CALL THE OFFICE TO CANCEL/RESCHEDULE</u></b></li> </ul>	<ul style="list-style-type: none"> <li>• Eat a light lunch and dinner</li> <li>• Take one bottle of magnesium citrate in the evening</li> <li>• <b>Nothing to eat after midnight</b></li> </ul>	<ul style="list-style-type: none"> <li>• Take your heart and blood pressure medications as prescribed with small sips of water as early as possible</li> <li>• At _____ use a Fleet Disposable Enema</li> <li>• Bring your paperwork filled out along with your Government Issued Photo ID or Driver's License and your insurance cards</li> <li>• Please leave all valuables at home. We are not liable for any theft or damage to these items</li> </ul>
<p><b>***ONLY DISCONTINUE ANY ASPIRIN OR BLOOD THINNERS AFTER OBTAINING APPROVAL FROM OUR OFFICE***</b></p> <ul style="list-style-type: none"> <li>• Discontinue aspirin products/platelet inhibitors 5 days prior to your procedure</li> <li>• Discontinue any arthritic medications 2 days prior to your procedure</li> <li>• Discontinue any anticoagulants 2 days prior to your procedure</li> </ul> <p><b>***IF YOU HAVEN'T GOTTEN APPROVAL FROM OUR OFFICE ABOUT STOPPING YOUR BLOOD THINNER/ASPIRIN, CALL US ASAP!***</b></p>		<p><b>*If undergoing sedation:</b></p> <p><b>* THERE ARE ABSOLUTELY NO LIQUIDS, INCLUDING WATER, AFTER:</b></p> <p>_____</p> <p><b>*IF YOU EAT/DRINK AFTER THIS TIME, YOUR PROCEDURE WILL BE DELAYED OR CANCELLED</b></p>
<p><b>**If you are undergoing sedation, you will need a ride home</b></p> <ul style="list-style-type: none"> <li>• <b>NO taxis/transportation services (unless accompanied by a responsible adult)</b></li> <li>• Sedation may not be covered by your insurance provider for this procedure. Please check with your insurance carrier about what is covered prior to your appointment</li> </ul>		