

FLEX SIGMOIDOSCOPY

Prep Instructions

READ ALL INSTRUCTIONS UPON RECEIPT

FOODS:

- Have nothing to eat after midnight.
 - You can drink water but you must stop at least 3 hours prior to your arrival time.
 - Do not chew gum or tobacco.
-

TRANSPORTATION:

- Bring someone with you that can safely drive you home. No taxi's, ride shares or public transportation, unless you are accompanied by a family member or friend.
-

PURCHASE:

- Purchase 2 Plain Fleet Enemas from any drugstore.
-

PREP INSTRUCTIONS:

- One (1) hour prior to arrival, insert the first enema.
 - Hold for one (1) to three (3) minutes and then expel.
 - Immediately after the first one, repeat the second dose following the same instructions.
-

CANCEL OR RESCHEDULE:

- Please let us know at least 3 business days, prior to your appointment, if you need to cancel or reschedule to avoid a late notice fee.
-

NO CHEWING TOBACCO OR SMOKING (CIGARETTE, CIGAR, PIPE, MARIJUANA, VAPOR):

Please do not smoke or chew tobacco on the date of the procedure, until after your procedure. Nicotine Patch OK.

CALL 737 356 8875 IF YOU HAVE ANY QUESTIONS