



SPECIALTY MEDICINE, EXCEPTIONAL CARE

UNSEDATED FLEX SIG INSTRUCTIONS: Please read these instructions at least a week before your procedure!

Although sedation was not ordered for your procedure, it is recommended you plan for a SEDATED procedure, just in case you and your provider decide it is necessary. Otherwise, your procedure will have to be rescheduled.

IF YOU NEED TO BE SEDATED FOR YOUR PROCEDURE, YOU MUST HAVE SOMEONE DRIVE YOU HOME. YOU SHOULD NOT DRIVE AGAIN UNTIL THE MORNING AFTER YOUR PROCEDURE. You may not take a taxi, bus, MAX, or any type of public transportation unless accompanied by an adult. ***Drivers or adult companions will be confirmed at the time of the check in, or your procedure will be rescheduled.*** Please contact the office directly for specific driver instructions.

Please call our office prior to your procedure if you have had a change in your health, serious illness, or have been hospitalized since your last visit.

On the day of your procedure, do not have anything by mouth 4 hours prior to your procedure. This includes water, mints, gum, hard candies and tobacco.

WHAT YOU WILL NEED:

- 2 Fleet Enemas (green/white box)
- Clear liquid diet supplies for a day and a half. (See CLEAR LIQUID DIET Handout.)

PREPARATION:

- **It is important to continue to take all your regularly scheduled prescribed medications up until 4 hours before your procedure, ESPECIALLY BLOOD PRESSURE or HEART medications, ANTI-SEIZURE meds, and PAIN meds, unless your doctor told you otherwise.**
- If your medications are due during the last 4 hours before your procedure, you may need to take them earlier than scheduled. Check with the person who prescribed them if you need further instructions.
- If you are diabetic, please refer to the separate instruction sheet for details regarding diabetes medication adjustment and additional preparation instructions.

Beginning 7 days prior to your procedure:

1. STOP ALL HERBAL MEDICINES AND SUPPLEMENTS

- a. Including but not limited to: Iron, vitamin E, ginger, garlic, valerian root, and fish oil.
- b. You may continue to take a multivitamin.

2. STOP EATING VISIBLE NUTS, SEEDS, AND WHOLE GRAINS

- a. Examples with visible nuts/seeds/grains: whole grains/oats on breads and cereals, quinoa, oatmeal, poppy seeds, sesame seeds, popcorn, nuts, all fruits and vegetables with visible seeds that cannot be removed (such as berries [blueberries are ok] and jams/preserves). If you can remove the seeds, you can have foods like tomatoes, cucumbers, melons, apples, oranges, etc.

3. IF YOU TAKE COUMADIN (warfarin), PLAVIX, OR ANY OTHER BLOOD THINNING MEDICATIONS

- a. Please refer to the handout BLOOD THINNING AGENTS for further instructions. Please make sure you understand if you are supposed to stop taking your blood thinner or not. If you have any questions, call our office or your prescribing physician.

Beginning 1 day prior to your procedure:

1. Prior to 7:00 pm, START CLEAR LIQUID DIET AT YOUR EVENING MEAL TIME (Refer to CLEAR LIQUID DIET Handout for directions and examples)

- a. No solid foods of any kind until after your procedure. It is very important to stay hydrated, so drink frequently throughout the evening.

- b. To keep from getting too hungry be sure to include some of the high protein options, and you need calories, so having some options that are not sugar-free are important, even for diabetics.
- c. **NO RED or PURPLE liquids!** (Could make your colon look 'inflamed'.)
- d. **ABSOLUTELY NO ALCOHOL!**

Beginning the day of your procedure:

1. CONTINUE CLEAR LIQUID DIET

- a. Again, no solid foods of any kind before your procedure. Continue clear liquid diet as above.

2. 6 HOURS PRIOR to your procedure:

- a. **Stop all tobacco products, including chewing tobacco.**

3. 4 HOURS PRIOR to your procedure:

- a. Be sure you have taken all of your regularly scheduled prescribed medications that are due during the next 4 hours.
- b. **Stop drinking ALL liquids and have NOTHING MORE BY MOUTH until after your procedure.** This includes stopping plain water, chewing gum, mints, hard candies, etc.
- c. Having fluids in your stomach, even a lot of saliva, puts you at risk for vomiting and possibly inhaling fluid into your lungs while you are sedated.
- d. The only exception: If you have a **critical** medication that cannot be taken 4 hours early, it can be taken up to **2 hours before the procedure, BUT ONLY WITH A SIP OF WATER (no more than 2-3 TABLESPOONS.)**
- e. **FOR YOUR SAFETY...Failure to follow this will result in your procedure being cancelled and rescheduled. NO EXCEPTIONS.**
- e. REMEMBER: You need to arrive at **8:00am** to check in for your procedure.

4. ENEMA PREP:

- a. **2 HOURS BEFORE YOU LEAVE HOME:** Use the FIRST Fleet Enema as directed on the box.
- b. **1 HOUR BEFORE YOU LEAVE HOME:** Use the SECOND Fleet Enema, as directed on the box.

ADDITIONAL INSTRUCTIONS:

- Female patients: **IF YOU ARE PREGNANT OR ARE UNSURE IF YOU ARE PREGNANT: YOUR PROCEDURE MAY BE CANCELLED IF YOU REQUIRE SEDATION.** We strongly recommend you take a pregnancy test if you are unsure. Please call us before the procedure date to discuss this if you are, or could be, pregnant.
- If you use an inhaler for asthma or COPD, please bring this with you to your procedure.
- Bring your insurance card and a photo ID to your procedure.
- Do not bring valuables to your procedure.
- Friends and family may not watch your procedure.
- For the safety of our patients and staff, we ask that you leave any weapons at home.
- You may be charged a fee for missed appointments that are not cancelled or rescheduled 3 business days prior to your procedure time. The fees are as follows:
 - Hospital or Office Procedures \$100
 - Ambulatory Surgery Center \$200

FOR PATIENTS' PRIVACY CELL PHONES AND OTHER ELECTRONIC DEVICES MUST BE POWERED OFF AND STORED AWAY WHILE IN THE PROCEDURE AREA. PHOTOGRAPHS AND RECORDINGS ARE PROHIBITED.