

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

Although you are scheduled for an unsedated procedure, please plan for sedation in case you and your provider decide it is necessary. **Sedated procedures require you to have an adult you know drive you home or accompany you on public transit (taxi, bus, MAX, Uber, Lyft, etc.), and you should not drive again until the next day.** The only exception to this policy is patients taking approved medical transport service. Please contact the office directly if you have any questions or need a list of approved transport services.

There is a chance your procedure may be rescheduled if you need sedation and we cannot confirm that you have an adult driver, companion, or approved medical transport service available or arranged to take you home.

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)
- 10-ounce bottle of green or clear **magnesium citrate** (over the counter). **NO RED OR PURPLE.**
- 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. **STOP** the use of any illicit drugs 7 days prior to your procedure or your procedure may be canceled.
4. If you are taking prescription medications, please refer to the Medication Changes handout for holding instructions. If you did not receive this handout, contact our office.

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!**
2. **At 7:00 pm DRINK MAGNESIUM CITRATE:**
 - a. Drink the 10 ounce bottle of magnesium citrate.
 - b. To prevent nausea, please take about 15 minutes to drink.
 - c. Bowel movements may occur within 1-2 hours.
 - d. **Continue to drink lots of clear liquids all evening to stay hydrated.**

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.**
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.



SPECIALTY MEDICINE, EXCEPTIONAL CARE

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.
- **If you need to reschedule or cancel, please call the office at least 48 business hours prior to your procedure or you may be subject to the following fees:**

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.**