

FLEX SIG PREP—NO Sedation

To ensure the best possible results from your procedure, please follow these specific instructions from your physician.

Non-medical prep questions:

- Call Gifthealth at - 833-614-4438 or e-mail them at Care@gifthealth.com.
- If you don't use Gifthealth, call clinic numbers listed above.

Medical questions:

- During business hours (7:30 am to 5pm), call clinic numbers listed above.
- During non-business hours (5 pm to 7:30 am) there is an on-call physician for urgent medical questions.

DAYS BEFORE YOUR PROCEDURE

5 days before your procedure

- Purchase the following.
 - ☐ Fleet Enemas (not mineral oil): 2
 - ☐ Optional: Vaseline/Desitin and baby wipes (for skin irritation). Adult diapers (if concerned about leakage).

1 day before your procedure

- Eat a normal diet today.
- Do not use marijuana (THC products) or alcohol.

THE DAY OF YOUR PROCEDURE

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Eat normally and take all of your usual medications unless you were advised to stop. This includes blood pressure medications.

3 hours prior to your procedure:

- Use the first fleet enema following the box directions. Retain liquid for 5 minutes, then evacuate.
- **Do not put anything in your mouth**, including gum, lozenges, candy, mints, or chewing tobacco.

90 minutes prior to your procedure:

Use the second fleet enema following the box directions. Retain liquid for 5 minutes, then evacuate.

If you experience irritation in the anal area, use baby wipes and apply Vaseline/Desitin after each bowel movement.

Bring the following to your procedure:

- Insurance cards and photo ID.
- Your completed Patient Information Form (PIF) with your medications listed.
- Dentures, hearing aids, glasses: Please bring storage cases if you wear these items, as they may need to be removed during your procedure.

Weapons are prohibited. Leave valuables at home; we are not liable for lost personal items.