

FLEX SIG PREP—with 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

Special Notes:

- If you are taking **blood thinner** medication such as Coumadin or Plavix and haven't spoken to a WAGI nurse, please contact the clinic.
- If you are taking a **GLP-1 medication** (Ozempic, etc.), stop weekly doses at least 7 days before, or daily doses the day before, your procedure (unless instructed otherwise by our office). If you have concerns regarding this, please contact your primary care provider.
- If you have a **Pacemaker, an AICD, or any other implanted medical device (except the Inspire device)** and haven't spoken to a WAGI nurse, please contact the clinic.
- If you have diabetes and are taking insulin, consult your diabetes provider for the correct dosage to take on the day of your exam.

Driver Confirmation & Instructions:

Your driver should plan to be on-site for 1-2 hours. Drivers may briefly leave the premises with reception's approval. For procedures starting after 3 PM, drivers must remain in the waiting room. If you require a taxi, ride-share, or medical transport, please schedule your procedure no later than 2 PM.

5 days before your procedure

- Purchase the following.
 - ☐ Fleet Enemas (not mineral oil): 2
 - ☐ Items for the clear liquid diet (see page 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. **NO SOLID FOOD after midnight.**
- Do not use marijuana (THC products) or alcohol.

See page 2 for instructions to follow the day of the procedure.

THE DAY OF YOUR PROCEDURE

Diet of clear liquids only. **NO SOLID FOOD!**

CLEAR LIQUID DIET

Avoid:

- Milk, dairy, creamer
- Juices with pulp
- **RED or PURPLE** items
- Alcohol

Approved:

- Soda, black coffee, tea, water
- Clear juices (no pulp), fitness waters
- Popsicles
- Low sodium chicken, vegetable, and beef broth
- Gelatin (e.g., Jell-O)



Leading up to your procedure:

- Continue drinking clear liquids until **3 hours prior** to your procedure.
- Take your regularly prescribed medications unless you were advised to stop. This includes blood pressure medication.

3 hours prior to your procedure:

- Use the first fleet enema following the box directions.
- **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.

If you experience irritation in the anal area, use baby wipes and apply Vaseline/Desitin to the peri-anal area.

Bring the following to your procedure:

- A responsible driver to take you home. **You will not be allowed to walk, take the bus, or drive home.**
- Insurance cards and photo ID.
- Your completed Patient Information Form (PIF) with your medications listed.
- Inhaler: if you use an inhaler, please bring it with you
- Dentures, hearing aids, glasses: Please bring storage cases if you wear these items, as they may need to be removed during your procedure.

For your safety, a **driver must accompany you** home. You cannot drive, operate machinery, or work until the next day. Your procedure will be **rescheduled if you arrive without a driver, unless previously arranged**. If you require a taxi, ride-share, or medical transport your procedure **must** be scheduled no later than 2 pm.

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

FREQUENTLY ASKED QUESTIONS

I am diabetic and my blood sugar will go too low if I do not eat any solid foods, what should I do? Please drink liquids with sugar to maintain your blood sugar.

Can I drink coffee on a clear liquid diet? Yes, you can drink black coffee if it does not contain dairy or dairy substitute.

Can I drink alcohol on a liquid diet? No, alcohol is not permitted during the liquid diet.

Why can't I eat or drink anything 3 hours before my procedure? Our first concern is your health and safety. You will be given sedatives to help you relax during your procedure. These medications impact your body's ability to hold food and liquid in your stomach. If you have anything in your stomach, there is a risk that food or liquid will travel up into your airway, move into your lungs, and cause an obstruction or an infection in your lungs. Your procedure will be re-scheduled if you do not follow these instructions.

Can I wear perfume/cologne to my procedure? No, we are a fragrance-free facility.

Is it okay to drink alcohol or take my sedative after my procedure? No, you should avoid alcohol, sedatives, and marijuana (THC products) for 12 hours after your procedure.