

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 5 pm), 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.
 - 2 Fleet Enemas (not mineral oil)
 - 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

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.