



FLEX SIG PREP

Purchase 2 Fleet's Enemas. These are over-the-counter medications that can be found at your local pharmacy.

****DO NOT TAKE ANY IRON SUPPLEMENTS FOR 5 DAYS PRIOR TO YOUR PROCEDURE****

****DO NOT STOP YOUR ASPIRIN PRIOR TO YOUR PROCEDURE****

*****Do NOT smoke on the day of your procedure, including smoking tobacco, electronic cigarettes, marijuana, cigars and/or pipes*****

Special Medication Instructions: _____

Day Before Exam

1. You may follow a regular diet, unless instructed otherwise by your provider or nurse.
2. DO NOT EAT OR DRINK AFTER MIDNIGHT.

Day of Exam

1. You may drink **clear liquids only** until **3 hours prior to your procedure**. Clear liquids include: water, clear fruit juice, Gatorade, soda, broth, Jell-O, popsicles, coffee, and tea. Do not drink anything that is red or purple.
2. Take any of your important morning medications (heart, blood pressure, lung, etc.) You will receive specific instructions if there are any medications that need to be held or dose adjusted such as blood sugar medicines.
3. If you use inhalers please bring them with you to the hospital.
4. Before coming to your procedure you will need to use **2 Fleet's Enemas 30 minutes apart, 2 hours before coming for your procedure**. For best results, try to hold each enema for at least 5 minutes before expelling.
5. Wear comfortable, casual clothing.
6. You will be sedated for this procedure, so you must have a driver to take you home after the exam. **Do not plan on driving, returning to work, or participating in any activity that requires concentration for the remainder of the day.**

Date of exam _____

Arrival Time _____

YOUR DRIVER MUST STAY AT THE CENTER FOR YOUR ENTIRE APPOINTMENT.

If you have any questions or issues with your appointment please contact nursing at 919-791-2040.

www.rexdigestivehealthcare.com