



FLEX SIG PREP

Purchase one 10 oz. bottle of Magnesium Citrate and 2 Fleet's Enemas. Both are over-the-counter medications that can be found at your local pharmacy.

- DO NOT TAKE PHENTERMINE FOR 7 DAYS DAYS BEFORE YOUR PROCEDURE
- DO NOT TAKE IRON FOR 5 DAYS BEFORE YOUR PROCEDURE
- IF YOU TAKE ASPIRIN DAILY, DO NOT STOP IT BEFORE 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 will be on a clear liquid diet all day. 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. At 7:00pm, drink the entire 10 oz. bottle of Magnesium Citrate.
3. DO NOT EAT OR DRINK AFTER MIDNIGHT.

Day of Exam

1. Take any of your important morning medications (heart, blood pressure, lung, etc.) with a small sip of water. You will receive specific instructions if there are any medications that need to be held or dose adjusted such as blood sugar medicines.
2. If you use inhalers please bring them with you to the hospital.
3. Before coming to your procedure you will need to use **2 Fleet's Enemas** 30 minutes apart. For best results, try to hold each enema for at least 5 minutes before expelling.
4. Wear comfortable, casual clothing.
5. 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 please contact nursing at 919-791-2040.

www.rexdigestivehealthcare.com