Flex/Sig Preparation Instructions

You must have someone available to drive you home after your procedure. Plan on spending 2 ½ hours at the facility. Your flex/sig is scheduled on _____________ Check-In: _________________ Location:

(CHECK-IN TIME IS SUBJECT TO CHANGE)

FIVE DAYS BEFORE FLEX/SIG STOP TAKING THE FOLLOWING:

- Aspirin, Fish Oil, Vitamin C, Vitamin E, St. John’s Wort), or NSAIDS (such as Ibuprofen, Aleve, Naproxen, Alka Seltzer, Excedrin)
- Call our office if you are on blood thinners such as Plavix, Coumadin or Effient and take insulin.
- Do not eat seeds or nuts for 5 days prior to flex/sig.
- Purchase 2 Fleet enemas. These can be purchased over the counter at any pharmacy.
- Purchase plenty of clear liquids. These can include coffee without creamer, tea, broth, jello, popsicles, soft drinks, apple juice. Avoid liquids that are red or purple in color.

DAY OF FLEX/SIG

- You will start the clear liquid diet at midnight.
- You may continue clear liquids until 2 hours prior to check in time. Do not have anything by mouth after this point, as your stomach must be completely empty.
- 1 hour prior to check in time, you will give yourself the first enema. Try to hold the liquid in for 15 minutes. If this is not possible, at least 5 minutes is acceptable.
- Bring the second enema with you to your procedure.

*If biopsies are taken during your procedure, please allow 10 business days for results*

72 hour notice for cancellation or reschedule