

FLEX SIGMOIDOSCOPY

Prep Instructions

READ ALL INSTRUCTIONS UPON RECEIPT

FOODS:

- Have nothing to eat after midnight.
 - You can drink water but you must stop at least 3 hours prior to your arrival time.
 - Do not chew gum or tobacco.
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TRANSPORTATION:

- Bring someone with you that can safely drive you home. No taxi's, ride shares or public transportation, unless you are accompanied by a family member or friend.
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PURCHASE:

- 2 Plain Fleet Enemas from any drugstore.
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PREP INSTRUCTIONS:

- One (1) hour prior to arrival, insert the first enema.
 - Hold for one (1) to three (3) minutes and then expel.
 - Immediately after the first one, repeat the second dose following the same instructions.
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CANCEL OR RESCHEDULE:

- Please let us know at least 3 business days, prior to your appointment, if you need to cancel or reschedule to avoid a late notice fee.
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NO CHEWING TOBACCO OR SMOKING (CIGARETTE, CIGAR, PIPE, MARIJUANA, VAPOR):

- Please do not smoke or chew tobacco on the date of the procedure, until after your procedure. Nicotine Patch OK.

CALL 210-614-1234 IF YOU HAVE ANY QUESTIONS