



### **FLEX-SIG INSTRUCTIONS**

Please review these instructions carefully **one week** prior to your procedure.

**You must arrive at the surgery center for registration and pre-procedure preparation ONE HOUR before the time of your procedure.**

### **Appointment Confirmation**

You will receive a confirmation phone call from our office at least 2 days before your scheduled procedure. At this time we will ask you if you have your prescription for the prep and the prep instructions. You may also receive a confirmation call from the ambulatory center. **If for any reason you cannot keep your appointment, please advise our office at least 72 business hours (excluding weekends) in advance as there is a \$250.00 fee for cancellations.** It is our goal to provide you with the best possible care so it's very important that you understand and follow these instructions to ensure a pleasant experience.

### **Driver**

Due to the nature of the medications you will be receiving during your procedure, you **MUST** have a responsible adult (friend or relative) who is at least 18 years old to drive you home afterwards. You will not be allowed to drive yourself home after the procedure. Taxi cabs are not allowed unless someone is accompanying you. Please make arrangements prior to the procedure. You cannot leave the surgery center on your own.

### **Medication Instructions**

**Stop taking the following medications one (1) week prior to your procedure:**

If you take any "blood thinners" such as Coumadin, Warfarin, Prasugrel or Plavix you must consult with your cardiologist or primary care physician **BEFORE** discontinuing these medications as instructed below. This is extremely important, especially if you take any of these medications for treatment of heart disease or stroke.

Stop all aspirin (including baby aspirin) and anti-inflammatory medications such as Motrin, Advil, Nuprin, Aleve, Ibuprofen, Celebrex, Mobic, as well as all Iron supplements. This does not include multivitamins. Tylenol is okay to take.

Stop taking **Plavix** five (5) days before your procedure. Stop taking **Coumadin** (Warfarin) three (3) days before your procedure.

**Diabetic patients:** Do not take diabetic medications on the morning of your procedure. (You may take insulin medication the evening before; half p.m. dose).

**Blood pressure medication:** The night before your procedure, take the medication you would usually take on the morning of your procedure.

\*Avoidance of "blood thinners" is designed to minimize the risk of serious bleeding if a polyp is removed.

### Diet restrictions

**Stop eating the following foods three (3) days prior to your procedure:**

Fruits and vegetables with seeds and skins such as tomatoes or grapes, roughage foods such as leafy greens or salads, all beans, corn, and nuts.

### Day of the Procedure

Take TWO Fleet Ready-to-use Enemas until clear:

***Take one fleet enema three hours before your procedure and the second enema should be taken one hour before you leave your home.***

1. Remove the protective cap from the prelubricated enema tip before using. Gently insert the tip into the rectum with a slight side-to-side movement, with the tip pointing towards the navel. **Do not force the enema tip into the rectum as this can cause injury.** Slowly squeeze the bottle until nearly all the liquid in the bottle is gone. Then remove the tip from the rectum. Maintain your position until a strong urge to defecate is felt. Do not retain the enema solution for more than 10 minutes.
2. This procedure should be repeated until the returns are clear.

PLEASE FOLLOW INSTRUCTIONS CAREFULLY. AN **EXCELLENT PREP** HELPS THE RESULTS OF YOUR PROCEDURE.

### Additional Instructions

- Arrive to the surgery center **one hour** before your scheduled procedure time. The time of your procedure may change with short notice; please allow flexibility in your schedule.
- Bring a list of your medications including the dosages with you to the procedure center.
- Wear comfortable clothes that are easy to get into and out of.
- Do not wear necklaces, chains, bracelets, or earrings. You may wear your wedding band and a watch. Please leave all valuables at home.
- The medications given to you prior to the procedure can result in a mild amnesic effect making you sleepy up to one hour after the procedure. It is not uncommon for you to forget your conversation with the nurse and/or Dr. Berookim after the procedure. Patients are generally scheduled for a post- procedure office visit two weeks after the procedure to discuss the findings and biopsy results. **Following your procedure, please make sure to call our office to schedule your follow-up appointment.**
- Please bring a method of payment. The surgical center and anesthesia service may request payment at the time of service.