

UNSEDATED FLEX SIG INSTRUCTIONS: Please read these instructions at least a week before your procedure!

Although you are scheduled for an unsedated procedure, please plan for sedation in case you and your provider decide it is necessary. **Sedated procedures require you to have an adult you know drive you home or accompany you on public transit (taxi, bus, MAX, Uber, Lyft, etc.), and you should not drive again until the next day.** The only exception to this policy is patients taking approved medical transport service. Please contact the office directly if you have any questions or need a list of approved transport services.

There is a chance your procedure may be rescheduled if you need sedation and we cannot confirm that you have an adult driver, companion, or approved medical transport service available or arranged to take you home.

Please call our office prior to your procedure if you have had a change in your health, serious illness, or have been hospitalized since your last visit.

On the day of your procedure, do not have anything by mouth 4 hours prior to your procedure. This includes water, mints, gum, hard candies and tobacco.

WHAT YOU WILL NEED:

- 2 Fleet Enemas (green/white box)
- Clear liquid diet supplies for a day and a half. (See CLEAR LIQUID DIET Handout.)

PREPARATION:

- **It is important to continue to take all your regularly scheduled prescribed medications up until 4 hours before your procedure, ESPECIALLY BLOOD PRESSURE or HEART medications, ANTI-SEIZURE meds, and PAIN meds, unless your doctor told you otherwise.**
- If your medications are due during the last 4 hours before your procedure, you may need to take them earlier than scheduled. Check with the person who prescribed them if you need further instructions.
- If you are diabetic, please refer to the separate instruction sheet for details regarding diabetes medication adjustment and additional preparation instructions.

Beginning 7 days prior to your procedure:

1. STOP ALL HERBAL MEDICINES AND SUPPLEMENTS

- a. Including but not limited to: Iron, vitamin E, ginger, garlic, valerian root, and fish oil.
- b. You may continue to take a multivitamin.

2. STOP EATING VISIBLE NUTS, SEEDS, AND WHOLE GRAINS

- a. Examples with visible nuts/seeds/grains: whole grains/oats on breads and cereals, quinoa, oatmeal, poppy seeds, sesame seeds, popcorn, nuts, all fruits and vegetables with visible seeds that cannot be removed (such as berries [blueberries are ok] and jams/preserves). If you can remove the seeds, you can have foods like tomatoes, cucumbers, melons, apples, oranges, etc.

3. **STOP** the use of any illicit drugs 7 days prior to your procedure or your procedure may be canceled.
4. If you are taking prescription medications, please refer to the Medication Changes handout for holding instructions. If you did not receive this handout, contact our office.

Beginning 1 day prior to your procedure:

1. **Prior to 7:00 pm, START CLEAR LIQUID DIET AT YOUR EVENING MEAL TIME (Refer to CLEAR LIQUID DIET Handout for directions and examples)**
 - a. No solid foods of any kind until after your procedure. It is very important to stay hydrated, so drink frequently throughout the evening.
 - b. To keep from getting too hungry be sure to include some of the high protein options, and you need calories, so having some options that are not sugar-free are important, even for diabetics. .
 - c. **NO RED or PURPLE liquids!** (Could make your colon look 'inflamed'.)
 - d. **ABSOLUTELY NO ALCOHOL!**

Beginning the day of your procedure:

1. **CONTINUE CLEAR LIQUID DIET**
 - a. Again, no solid foods of any kind before your procedure. Continue clear liquid diet as above.
2. **6 HOURS PRIOR to your procedure:**
 - a. **Stop all tobacco products, including chewing tobacco.**
3. **4 HOURS PRIOR to your procedure:**
 - a. Be sure you have taken all of your regularly scheduled prescribed medications that are due during the next 4 hours.
 - b. **Stop drinking ALL liquids and have NOTHING MORE BY MOUTH until after your procedure.** This includes stopping plain water, chewing gum, mints, hard candies, etc.
 - c. Having fluids in your stomach, even a lot of saliva, puts you at risk for vomiting and possibly inhaling fluid into your lungs while you are sedated.
 - d. The only exception: If you have a **critical** medication that cannot be taken 4 hours early, it can be taken up to **2 hours before the procedure, BUT ONLY WITH A SIP OF WATER (no more than 2-3 TABLESPOONS.)**
 - e. **FOR YOUR SAFETY...Failure to follow this will result in your procedure being cancelled and rescheduled. NO EXCEPTIONS.**
4. **ENEMA PREP:**
 - a. **2 HOURS BEFORE YOU LEAVE HOME:** Use the FIRST Fleet Enema as directed on the box.
 - b. **1 HOUR BEFORE YOU LEAVE HOME:** Use the SECOND Fleet Enema, as directed on the box.

ADDITIONAL INSTRUCTIONS:

- Female patients: **IF YOU ARE PREGNANT OR ARE UNSURE IF YOU ARE PREGNANT: YOUR PROCEDURE MAY BE CANCELLED IF YOU REQUIRE SEDATION.** We strongly



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recommend you take a pregnancy test if you are unsure. Please call us before the procedure date to discuss this if you are, or could be, pregnant.

- If you use an inhaler for asthma or COPD, please bring this with you to your procedure.
- Bring your insurance card and a photo ID to your procedure.
- Do not bring valuables to your procedure.
- Friends and family may not watch your procedure.
- For the safety of our patients and staff, we ask that you leave any weapons at home.
- **If you need to reschedule or cancel, please call the office at least 48 business hours prior to your procedure or you may be subject to the following fees:**

Hospital or Office Procedures:	\$100
Ambulatory Surgery Center:	\$200

FOR PATIENTS' PRIVACY CELL PHONES AND OTHER ELECTRONIC DEVICES MUST BE POWERED OFF AND STORED AWAY WHILE IN THE PROCEDURE AREA. PHOTOGRAPHS AND RECORDINGS ARE PROHIBITED.

Notice of Availability

If you speak another language, free language assistance services and appropriate auxiliary aids and services are available to you. Let us know how we can help.

Spanish

Si usted habla español, hay disponibles para usted servicios gratuitos de asistencia de idiomas y dispositivos y servicios auxiliares adecuados. Infórmenos cómo podemos ayudarlo.

Vietnamese

Nếu quý vị nói Tiếng Việt, chúng tôi có sẵn dịch vụ hỗ trợ ngôn ngữ miễn phí cũng như các phương tiện và dịch vụ hỗ trợ phù hợp dành cho quý vị. Xin hãy cho chúng tôi biết cách chúng tôi có thể trợ giúp cho quý vị.

Chinese

如果您说 中文，我们可提供免费的语言帮助，以及适当的辅助援助和服务。请告知我们，您需要什么样的帮助。

Russian

Если вы говорите на русском, мы можем предоставить бесплатно помощь на вашем языке, а также и соответствующие вспомогательные средства и услуги. Сообщите нам, как мы можем помочь.

Korean

한국어 를 구사하시는 경우 무료 언어 지원 서비스와 적절한 보조 도구 및 서비스를 이용할 수 있습니다. 어떻게 도와드릴 수 있는 지 알려주세요.

Ukrainian

Якщо ви розмовляєте цією мовою: українська, то можете отримати безкоштовну допомогу й послуги, зокрема мовні. Повідомте нам, чим ми можемо допомогти.

Japanese

日本語を話される方は、無料の言語支援サービスや適切な補助器具やサービスをご利用いただけます。 私たちがどのようにお手伝いできるかお知らせください。

Arabic

إذا كنت تتحدث [العربية]، فستتوفر لك الخدمات المجانية بشأن المساعدة اللغوية مع المعونات الملائمة والخدمات المساعدة. دعنا نعرف كيف يمكننا مساعدتك.

Romanian

Dacă vorbiți română, serviciile gratuite de asistență lingvistică și ajutoarele auxiliare adecvate sunt disponibile pentru dumneavoastră. Informați-ne cum vă putem fi de ajutor.

Thai

ถ้าคุณพูดภาษาไทย มีบริการช่วยเหลือด้านภาษาฟรี รวมถึงความช่วยเหลือและบริการเสริมที่เหมาะสมแก่คุณ แจ้งให้เราทราบว่าเราสามารถช่วยได้อย่างไร

German

Wenn Sie Deutsch sprechen, stehen Ihnen kostenlose Sprachassistenzen und geeignete Hilfsmittel und Dienstleistungen zur Verfügung. Teilen Sie uns mit, wie wir helfen können.

Persian

اگر به زبان فارسی صحبت می کنید، خدمات رایگان زبانی و وسایل و خدمات کمی مناسب در دسترس شما هستند. به ما اطلاع دهید که چگونه می توانیم کمکتان کنیم.

Somali

Haddii aad ku hadasho Soomaali, adeegyada kaalmada luqadda bilaashka ah iyo kaalmooyinka iyo adeegyada ku habboon ayaa diyaar kuu ah. Nala soo socodsii sida aan u caawin karno.

French

Si vous parlez français, des services d'assistance linguistique gratuits et des aides et services auxiliaires appropriés sont à votre disposition. Dites-nous comment nous pouvons vous aider.

Khmer

ប្រសិនបើអ្នកនិយាយភាសាខ្មែរ សេវាជំនួយភាសាខ្មែរដោយឥតគិតថ្លៃ និងឧបករណ៍ជំនួយនិងសេវាជំនួយសមស្រប មានសម្រាប់អ្នក។ សូមអនុញ្ញាតឱ្យយើងដឹងថា យើងអាចជួយអ្នកបានដោយរបៀបណា។