

FLEX SIG PREP

The following instructions are your physician's specific instructions. Please follow the instructions carefully to ensure a successful prep.

You can reach Your Patient Advisor with non-medical prep questions at: **800.349.0285**

You can reach your physician's office at: **(409) 833-5858 Option 3**

Please pick up the following preparation items for your flexible sigmoidoscopy:

1. Purchase 2 fleet rectal enemas over the counter.

Prep Day: The morning of your procedure

- There is no fasting required, unless you have requested sedation. With sedation, you will need to fast 3 hours prior to arrival.
- Please continue all medications
- **2 HOURS PRIOR TO YOUR PROCEDURE: Use the first fleet enema. Retain liquid for 5 minutes, then evacuate.**
- **30 MINUTES LATER: Use the second fleet enema. Retain liquid for 5 minutes, then evacuate.**
- Sedation is not customary for flexible sigmoidoscopy. If you have requested sedation, you will need to have someone with you at the time of your appointment and to drive you home.
- Due to new patient privacy laws, you may require a follow-up visit with your physician or nurse practitioner. If the biopsy or polyp removal is performed at the time of your procedure, you will be given an office appointment at which time the pathology findings will be discussed with you.

IMPORTANT PHONE NUMBERS:

If you have any questions or concerns about the preparation, please contact Your Patient Advisor by calling 800-349-0285 or emailing support@yourpatientadvisor.com.

If you have any medical questions or concerns, please call (409) 833-5858 Option 3 for our scheduling department.