

# FLEX SIG PREP – NO Sedation

These are your physician’s specific instructions. Please follow them carefully to ensure a successful prep.

If you have questions about your prep, please call our office or visit our website:

- <https://www.gigeorgia.com/prep/>
- You can reach your physician’s office at: **678.741.5000**

**Special Notes:** If you have significant heart or lung problems, or other major health problems, please discuss this with the anesthetist at the center. Please contact them as soon as possible by calling your assigned center.

2550 Windy Hill Rd., Suite 302, Marietta (770-226-9070) | 118 Mill St., Suite 100, Woodstock (678-819-4281)  
880 Crestmark Dr., Suite 102, Lithia Springs (678-388-2040)

7 days prior to procedure	1 day prior to procedure	Day of procedure
<p><b>PURCHASE the following:</b></p> <ul style="list-style-type: none"> <li>• Two (2) Fleets enemas</li> <li>• Two (2) Dulcolax 5mg laxative tablets over the counter</li> </ul> <p><b>Please review your medications for any blood thinners (examples listed)</b> Plavix, Warfarin/Coumadin, Eliquis, Brilinta, Xarelto, Effient, Pradaxa, Aggrenox, and others. Please stop these as instructed. If you have not received instructions on managing these medications contact us immediately.</p> <p><b>STOP Taking 7 Days before exam:</b></p> <ul style="list-style-type: none"> <li>• Iron pills/ multivitamin with iron</li> <li>• GLP-1 medication for Diabetes/Weight Loss (includes Ozempic, Mounjaro, Trulicity, Zepbound, etc.)</li> </ul> <p><b>STOP Taking 3 Days before exam:</b></p> <ul style="list-style-type: none"> <li>• SGLT-2i medications for Diabetes: Invokana, Farxiga, Jardiance, etc.</li> </ul> <p>These medications can affect the quality and safety of the procedure and sedation. Not following these instructions may lead to procedure delay or cancellation.</p>	<p>Since your procedure is being performed <b><u>WITHOUT sedation</u></b> (usually at a surgical center) please do the following:</p> <ul style="list-style-type: none"> <li>• Ok to have a low fiber meal for breakfast/lunch but switch to a <b><u>CLEAR LIQUID DIET</u></b> until after your procedure.</li> <li>• If you are on <u>long-acting</u> insulin, take only half the dose the evening before your exam.</li> <li>• Since you will not be sedated, you will be able to drive yourself home and will <b><u>NOT</u></b> need a driver.</li> </ul> <p><b>Prep at a Glance</b> <b>6:00 pm:</b> take 2 Dulcolax tablets; Take 1 enema at bedtime.</p>	<p><b><u>2 Hours Before leaving for your exam:</u></b> Take second Fleet enema</p> <p><b>NO SOLID FOOD</b>, but you may consume clear liquids up to <b>3 HOURS</b> prior to exam. See Clear Liquid Diet below.</p> <p><b>Do not take any insulin or diabetic meds</b> the morning of your exam, unless instructed. OK to take other prescribed meds with a small sip of water but take them at least <b><u>3 hours</u></b> prior to your exam.</p> <p>Use of illicit drugs, marijuana/ THC on the day of your exam will result in cancellation/ fees.</p>

**\*Clear Liquid Diet Details:**

**NO DAIRY, NO RED, PURPLE or ORANGE.**

**Approved**

- Sodas, coffee, tea
- Clear juices, fitness waters
- Chicken, vegetable and beef broth
- Gelatin/Jello
- Popsicles without pulp

**Avoid**

- No milk/dairy
- No juices with pulp
- NO RED PURPLE OR ORANGE.**



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**Prep Day:** The day before your procedure

Ok to have a **LOW FIBER MEALS** for breakfast and lunch. After 1pm start on a **CLEAR LIQUID DIET** until after your procedure.

**DIABETICS:** If you are on long-acting insulin, take only half dose the evening before your procedure, unless otherwise directed by your physician.

1

### 6:00 PM the evening prior to your procedure

Take two (2) Dulcolax Tablets with a glass of water.



2

### Before bedtime the evening prior to your procedure

Use one (1) Fleet Enema

3

### 2 Hours Before leaving for your procedure

Use one (1) Fleet Enema

**Prep Day:** The day of your procedure

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### THE DAY OF THE PROCEDURE

- **ON THE DAY** of your procedure **NO** food, chewing gum, hard candy, or chewing tobacco until after your procedure is completed.
- **You are allowed a clear liquid diet up to 3 hours before your procedure.**
- **When you are within 3 hours of your procedure, DO NOT take anything by mouth.**
- If you have been instructed to take Lovenox shots, do not take on the morning of your procedure, unless otherwise instructed.
- **EXCEPTION:** If there are prescribed medications that you **NEED** to take the morning of the procedure, please do so with a small sip of water **AT LEAST 3 hours prior** to your procedure. Do not take **anything** by mouth starting 3 hours prior to your procedure.
- **DIABETICS:** Do not take **ANY** insulin or oral diabetic medication the morning of your procedure, unless otherwise directed by your gastroenterologist.
- If you use an inhaler, bring it with you to your procedure.
- If you wear contacts, be prepared to remove them or wear glasses instead.
- Please do not wear jewelry (including body piercings) or wear lotion to the center.
- **DO NOT USE ILLICIT DRUGS, INCLUDING MARIJUANA/THC, ON THE DAY OF YOUR PROCEDURE. IF YOU DO, YOUR PROCEDURE WILL BE CANCELED, AND YOU WILL INCUR CANCELLATION FEES.**
- Plan to be at the facility for 2-3 hours.

**Since your procedure is being performed without sedation,** you will **NOT need to have a driver** and you will be able to drive yourself home afterwards with no specific restrictions (unless your physician tells you otherwise).

**If you have any questions or concerns about the preparation, please contact your procedure scheduling coordinator by calling 678.741.5000 or visit our website at <https://www.gigeorgia.com/prep/>**