



Rome Gastroenterology Associates

## FLEXIBLE SIGMOIDOSCOPY (Flex Sig) INSTRUCTIONS

From your pharmacy or local store, please purchase five (5) doses of Miralax and one (1) Fleet water or tap water enema.

1. On the day before your procedure, do not eat vegetables, fruits, or other foods that may contain seeds.
2. Take **5 doses of Miralax with 40 oz of clear liquids** the day before your procedure **no later than 5:00 pm**. (You will have to make fewer night-time trips to the bathroom if you drink this earlier in the day.) After drinking the Miralax solution, you will need to drink plenty of clear liquids.
3. You may have clear liquids up until midnight the night before your procedure.
4. On the day of your procedure, two hours prior to your appointment, follow the instructions for **one Fleet or tap water enema**.
5. Sedation is optional. If you elect to have sedation, you will require a driver to remain on the premises the entirety of your procedure. If you elect not to be given sedation, you will be able to drive yourself home and you may go back to work after your procedure. If you would like to discuss sedation for your procedure, please arrive with a driver and discuss with our nurse.
6. Please contact our office if you are taking Coumadin, Persantine, Ticlid, Plavix, Eliquis, Aspirin, Aggrenox or other blood thinners. *If you are not sure if the medication you are taking is a blood thinner, please call your pharmacist.* Certain blood thinners must be stopped 5-7 days prior to your procedure, failure to do so may result in cancellation of your procedure even if you have followed the other instructions.

If you have any questions about these instructions, please call our office at (706) 295-3992.

Patient's Name: \_\_\_\_\_

Date/Arrival Time of Appointment: \_\_\_\_\_

Physician Ordering Procedure:      Lataif      Lufadeju      Obi