



FLEX SIG BOWEL PREP

Special Notes: You have been scheduled for a flexible sigmoidoscopy for the purpose of examining your rectum and colon. Please follow your prep instructions carefully to ensure a clean colon for an accurate exam.

PREP WEEK AT A GLANCE

5 days to procedure	Review your prep instructions thoroughly. Review medication changes/restrictions starting today. Please see page 3 for further medication instructions.
2 Days to procedure	 Low fiber diet. Remember to avoid foods with nuts and seeds
1 day to procedure	<p>NO SOLID FOODS, CLEAR LIQUIDS* ONLY upon rising, until after your procedure.</p> <p>Pick up 2 Fleets Enemas at your local pharmacy.</p>  <p>12:00 (midnight) Nothing to eat or drink after midnight.</p>
Procedure Day	<p>Prep at a Glance</p> <p>2 hours before leaving for procedure use the first Fleets enema</p> <p>1 hour before leaving for procedure use the 2nd Fleets enema</p> <p>NO GUM OR HARD CANDY YOU MAY BRUSH YOUR TEETH BUT DO NOT SWALLOW</p> <p>*If you take heart, lung, blood pressure or seizure medication, you may take it with SMALL SIPS OF WATER ONLY, at least 2 hours before your procedure.</p> <p>Detailed, step-by-step instructions continue on page 2.</p>

***Clear Liquid Diet Details: NO RED ORANGE or PURPLE. NO DAIRY**

Approved

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

Avoid

No milk/dairy
 No juices with pulp
NO RED, ORANGE or PURPLE



FLEX SIG BOWEL PREP

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

Step

1

12:00 Midnight the day prior to your procedure

Nothing to eat or drink after midnight.



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

Step

2

NO SOLID FOODS, CLEAR LIQUIDS* ONLY upon rising, until after your procedure.

2 hours before leaving for the hospital the of your procedure

Use the first Fleets enema.



Step

3

1 hour before leaving for the hospital the day of your procedure

Use the second Fleets enema

Patients on heart, lung, blood pressure or seizure medicine need to take their daily medication with a sip of water per their regular routine. NOTIFY THE NURSE IN THE GI LAB WHAT MEDICATIONS YOU HAVE TAKEN TODAY.



Step

4

Arrive 1 ½ Hours prior to your procedure time, check in to Olathe Medical Center Patient Registration by the Emergency room on the back side of the hospital one and one half (1 ½ hours prior to your procedure time. Do NOT come to the doctor's office. You will have a long walk to registration and will be late checking in.

Insurance Policy

- If your GI procedure results in a pathology service such as a biopsy or polyp removal, you may receive a professional interpretation bill from LabCorp. Call the customer service number on your insurance card to check with your insurance company to see what your coverage is going to be. Our office will attempt to pre-certify your procedure, but it is your responsibility to contact your insurance company an acquire authorizations. This will minimize financial surprises as each insurance company and plan pays for this procedure differently. **If you do not have insurance you will need to contact our billing office at 913-393-5267 to arrange for payment prior to the procedure.*
- There may be a fee for all no shows and cancellations made less than 24 hours prior to the scheduled procedure. This fee is not covered by insurance.

Inform Information Regarding your procedure

- Aspirin should be stopped 5 days before procedure unless instructed by physician or cardiologist to continue.
- Stop non-steroidal medication (Ibuprofen, Aleve, Naproxen, OTC pain medications) 5 days before procedure. It is safe to continue Tylenol for pain management.
- Blood thinners (*Plavix, Coumadin, Heparin, Lovenox, Pradaxa, etc*) stopped according to instructions given by your cardiologist or doctor who is managing your anticoagulation medications. Please notify them that you are having a GI procedure. If your doctor wants you to remain on the blood thinners, please notify the office before the procedure.
- **STOP** iron supplements, multivitamins, herbal supplements, fish oil, OTC