



BOWEL PREP FOR FLEXIBLE SIGMOIDOSCOPY (FLEX SIG)

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

You can reach the physician's office at: 762-356-4785

Special notes: If you are on any blood thinning medication, follow the instructions provided by your gastroenterologist regarding if/when they should be discontinued before your procedure. If you are unsure, please call your gastroenterologist.

5 days prior to procedure	3 days prior to procedure	2 days prior to procedure	1 day prior to procedure	Day of procedure
<p>STOP: All vitamins and supplements including iron, fish oil, Vitamin D etc</p> <p>STOP: All Fiber supplements such as Benefiber® and Metamucil®</p> <p>STOP: Iron, high dose of fish oil, Phentermine, and any RX diet pills.</p>	<div style="text-align: center;"></div> <p>STOP eating any raw vegetables or vegetables containing seeds, corn, popcorn, nuts, and seeds until after the procedure.</p> <p>Purchase:</p> <p>-Shopping List items *see attached list page 2</p> <p>Clear liquid items See examples page 3</p>	<div style="text-align: center;"></div> <p>Continue a low fiber diet. Remember to avoid foods with nuts or seeds.</p> <p>Increase water intake</p> <p>Confirm arrangements with your driver.</p>	<p>NO SOLID FOODS, CLEAR LIQUIDS ONLY upon rising until after your procedure. A clear liquid diet is part of your prep and necessary for your procedure.</p> <p>Prep at a glance: 6:00 pm Take one box of Dulcolax® Laxatives-6 pills total</p>	<p>Prep at a glance: One hour before you leave home you will take the first fleets® enema (follow instructions on the box). Thirty minutes before you leave home you will take a second fleets enema</p> <p>**Nothing by mouth 4 hours prior to your procedure**</p> <p>NO GUM OR CANDY</p> <p>YOU MAY BRUSH YOUR TEETH BUT DO NOT SWALLOW</p> <p>*If you take a daily blood pressure medication, you may take it with a small sip of <u>water ONLY</u>, at least 2 HOURS prior to your procedure.</p>

***Clear Liquid Diet Details: NO RED 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 or PURPLE



FLEX SIG-SHOPPING LIST

- 1) **Clear Liquid items** (Broth, juice without pulp, Jell-O®, popsicles-no red, orange, or purple)
**See full list and sample menu page 3

- 2) **1 box Dulcolax®** (Bisacodyl) Laxative-5mg tablets
****(laxative only-not the stool softener or suppository type)**



- 3) **Fleet Enema®** 2 pack



CLEAR LIQUID DIET

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed.

No red, orange or purple liquids should be consumed!

Food Group	Foods Allowed	Foods to Avoid
Milk & Beverages No Red, Orange, or Purple Liquids	Tea (Decaffeinated or Regular) Black Coffee (Decaffeinated or Regular) Carbonated Beverages Sport Drinks with Electrolyte Water	Milk or Dairy Products, Coffee Creamer, Alcoholic Drinks
Meats & Meat Substitutes	None	All Meats or Poultry Products
Vegetables	None	All Vegetables
Fruit & Fruit Juices	Fruit Juices without Pulp: Apple, White Grape & Lemonade	Fruit Juice with Pulp, Fruits
Grains & Starches	None	All Grains & Starches Bread, Pasta, Rice, Grains, Cereals, Seeds & Nuts
Soups	Clear Broth	All Other Soups
Desserts	Clear Flavored Gelatin Popsicles Fruit Ices (No Red, Orange, or Purple Flavors)	All Other Desserts
Fats	None	All Fats
Miscellaneous	Sugar For Tea/Coffee Lemon Juice or Honey for Tea Clear Hard Candy Salt	All Others

Clear Liquid Sample Menu

Morning	Noon	Evening
White Grape Juice Clear Broth Lime Gelatin Coffee	Apple Juice Clear Broth Lemon Fruit Ices Iced Tea with Lemon	Sports Drink with Electrolyte Clear Broth Lemon Gelatin Sprite
Mid-Morning Snack	Mid- Afternoon Snack	Evening Snack
Sport Drink with Electrolyte Lemon Gelatin	Sprite Popsicle	Lemonade Popsicle

FLEX SIG

****THE FOLLOWING INSTRUCTIONS ARE FOR DIABETIC PATIENTS ONLY****

DIABTETIC PATIENT INSTRUCTIONS FOR AN OUTPATIENT PROCEDURE

*It is important to keep your blood sugar controlled when you are having an outpatient procedure. The following directions will guide you in managing your diabetes medicines before your procedure.

THE DAY BEFORE YOUR PROCEDURE

- Take your diabetes medication, continue usual does until midnight

THE EVENING BEFORE YOUR PROCEDURE

- If you take Insulin:
 - Take half of your usual amount of evening insulin (see examples below which include all types of insulin, such as NPH, 70/30, 50/50, Regular, Humalog, Lente).
 - Example 1: Your usual evening dose is 15 units of NPH and 8 units of regular. You would take 7 units of NPH and 4 units of regular in the evening before your procedure.
 - Example 2: Your evening dose is 27 units of 70/30 insulin. You would take 13 units of 70/30 insulin the evening before your procedure.
- NOTHING TO EAT OR DRINK AFTER MIDNIGHT. This includes hard candy and chewing gum. You are allowed to brush your teeth, but do not swallow.

THE MORNING OF YOUR PROCEDURE

- Nothing to eat or drink. This includes hard candy and chewing gum. You are allowed to brush your teeth, but do not swallow.
- Check your blood sugar first thing in the morning (and at 12:00 noon if you are not at the hospital or outpatient facility) and write down the results. Bring these results and your blood sugar log book with you (along with your diabetes pills and/or insulin) to the hospital or outpatient facility.
- If you are on diabetes pills or take insulin injections: **DO NOT take your pills or insulin the morning of the procedure.**
- If you use an insulin pump:
 - Discontinue the bolus function four (4) hours before your arrival time.
 - If your blood sugar is in an acceptable range, decrease the basal function 50% of your normal rate.
- If your blood sugar is less than 60, take one of the following 2 hours before your arrival at the hospital or outpatient facility:
 - 3 glucose tablets
 - 4 oz. juice (clear juice such as apple or white grape)
 - 6 Life Savers™ (NO RED)
- Unless your physician gives you other instructions, prescribed medication(s) for asthma, blood pressure, heart, seizure, or anti-psychotic medications may be taken as scheduled with a small sip of water. Please do not take anything else by mouth until your procedure is completed.
- Asthma patients: please bring your inhaler with you.