

You will be having a Flexible Sigmoidoscopy also referred as a FLEX SIG for short. This is a procedure that enables your physician to examine the inside of your rectum and lower colon.

To prepare yourself, please follow these instructions.

3 - 5 DAYS BEFORE YOUR PROCEDURE

The facility will call you to confirm your appointment arrival time. Please purchase 2 Fleets enemas which are over-the-counter at your local pharmacy.

DAY BEFORE YOUR PROCEDURE

Starting the evening before your test, you may have **only clear liquids for dinner** and the morning of the exam:

Clear Diet (1 Day Before) Includes:

- Water, apple or white grape juice, soda (No red, purple or blue)
- Clear bouillon / clear broth
- Yellow or green Jell-O (No red, purple or blue)
- Fruit flavored popsicles (No red, purple or blue)
- Hard candies (No red, purple or blue)
- Black coffee or tea (No creamers. No dairy. No non-dairy additives.)
- Clear or lemon-lime Gatorade type products (No red, purple or blue)
- No dairy products

DAY OF YOUR PROCEDURE

You may have clear liquids up to 4 hours before your scheduled procedure time.

- Insert each of the enemas one at time 2 - 3 hours before your scheduled procedure time and about 20 minutes apart into your rectum. Follow the package instructions.
- You may brush your teeth.
- Continue to take your prescribed medications unless otherwise indicated by your gastroenterologist. Take your medication(s) with a small sip of water.
- Wear loose fitting comfortable clothing and if you wear contact lenses or glasses, please bring a contact lens case or eye glass case with you.
- Bring your insurance card and a form of photo identification.
- Please plan to be at the hospital or surgery center about 2 -3 hours.

AFTER YOUR PROCEDURE

- Your physician will discuss the results of your Flex Sig with you after your procedure.

SCHEDULING & CANCELLATION POLICY

Notify the office as soon as possible to cancel your procedure. Do not call the facility where you are scheduled. We require a minimum of 3 business days before your procedure for any cancellations. Please call 630.717.2600.