

## INSTRUCTIONS FOR FLEX SIGMOIDOSCOPY

DATE: \_\_\_\_\_

Your procedure is scheduled at:

The facility will call you 48 hours prior to your procedure with the arrival time

Orange City Surgery  
975 Town Center Drive  
Orange City, FL  
**386-456-5247**

Lake Mary Surgery  
460 St Charles Court  
Lake Mary, FL  
**407-585-0263**

FL Hospital FISH  
1055 Saxon Blvd  
Orange City, FL  
**386-917-5000**

### Instructions:

- Five days before do not take any Aspirin, Advil, Aleve, Motrin, naprosyn, Celebrex, Trental, Relafen, all vitamins and herbal supplements. It is safe to take Tylenol as a pain reliever.
- Stop taking Coumadin and Plavix five days prior to procedure. Continue taking routine medications, including blood pressure and heart medications.
- If diabetic, do not take diabetic medications the night before and the morning of procedure.
- Nothing to eat or drink after midnight the day before procedure. You may take any necessary medications with a sip of water.

### DAY BEFORE PROCEDURE:

- Clear liquid diet
- At 6 p.m. do 2 bottles of Magnesium Citrate
- Morning of procedure do 1 Fleet Enema

**You must have a driver.**

**Please allow a 48 hour notice for cancellation or there will be a \$100 charge.**

Please call the office if you have any questions or concerns.

**Follow up visit** \_\_\_\_\_