



Flex Sigmoidoscopy Prep Instructions

*****READ ALL INSTRUCTIONS UPON RECEIPT*****

Foods - Have nothing to eat after midnight. You can drink water but you must stop at least 3 hours prior to your arrival time. Do not chew gum or tobacco.

Transportation – If you requested to be sedated, bring someone with you that can safely drive you home. No Taxi's, Uber or Public Transportation allowed.

Purchase – 2 Plain Fleet Enemas from any drugstore.

Prep Instructions - One (1) hour prior to arrival, insert the first enema. Hold for one (1) to three (3) minutes and then expel. Immediately after the first one, repeat the second dose following the same instructions.

Cancel or Reschedule – Please let us know at least 3 business days prior to your appointment if you need to cancel or reschedule to avoid a late notice fee.

Smoking (cigarette, cigar, pipe, marijuana, vapor, chew tobacco) Nicotine Patch
OK to use: Please do not smoke, on the date of the procedure, until after your procedure.

Call 210-614-1234 if you have any questions