



FLEX-SIG PREP INSTRUCTIONS



Dr. Ingle's Flex-Sigmoidoscopy Preparation Instructions

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Phone: (907) 276-2811



Please call the office if:

- ❌ You had a heart attack in the last year
- ❌ You have any heart or blood vessel (vascular) stents
- ❌ You had a blood clot in the last year
- ❌ You recently had a medical procedure done
- ❌ You are on an anticoagulant (blood thinner) such as the following, or similar: Plavix (Clopidogrel), Coumadin (Warfarin) Lovenox (Enoxaparin), Eliquis, Xarelto, or Pradaxa

7 Days before the procedure STOP taking or eating the following:

- Products containing iron, including iron supplements and multivitamins with iron
- Food with seeds, nuts, popcorn, etc.
- All GLP-1 agonist medications such as Ozempic, Rybelsus, Trulicity, Mounjaro, etc. If you take this medication for diabetes, please contact your managing provider for guidance on preventing hyperglycemia.

5 Days before the procedure stop taking or eating the following:

- Herbal supplements (like garlic, ginger, ginseng, etc.)
- NSAIDS (these include but are not limited to: Ibuprofen, Advil, Motrin, Naproxen, Aleve, etc.)

Here's a tip! If you aren't sure if the medications you're taking are included in these lists, reach out to the Internal Medicine office at (907)-276-2811. Your doctor's staff can help you determine if the medications are included and whether you need to stop taking them.

1 Day BEFORE Your Procedure

STOP EATING ALL SOLID FOODS

You may only have clear liquids starting when you get out of bed in the morning. Please refer to the following guidelines below.

Please Purchase two (2) enemas from any grocery store or pharmacy (sold in laxative section).

Clear Liquid Guidelines

Anything you can see through is okay to eat or drink, as long as it has no particles. Food/drink that are okay include:

- Black coffee (no espresso, cream, or dairy)
- 7-up, Sprite, Ginger Ale
- Apple juice or **white** grape juice (NO red or purple grape juice)
- Chicken or beef broth – no cream or dairy soups
- JELLO – any flavor
- Popsicles – any clear liquid flavors (NO yogurt or fruit bars)
- Gatorade – any flavor
- Water (this can include Propel, Vitamin Water, or coconut water, but it must be clear with no particles)



On THE DAY OF Your Procedure

Starting when you wake up, **nothing by mouth** until after your procedure. Nothing by mouth means nothing in your mouth, including: **water, gum, hard candy, toothpicks, cigarettes, tobacco, and vapes.**

Four (4) hours before your procedure take two (2) enemas rectally. Follow the instructions listed on the container. Please be sure to finish this prep 4 hours before your procedure start time.

- ONLY necessary, regularly prescribed medications (i.e., Blood pressure and heart medications) may be taken the morning of your procedure with the **smallest amount of water possible**. No later than 4 hours prior to your procedure start time (If you are a diabetic patient or are unsure if your medications can be taken that morning, please confirm with your physician)
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Please Note:

- You must have a driver over the age of 18 who will drive (or escort) you home after your procedure.
- You should not work, drive, or make any major decisions for up to 12 hours after the procedure.
- For your safety you cannot be released to a taxicab, bus, Lyft, Uber, or any other form of public transportation by yourself.
- To avoid cancellation, please ensure you have a reliable driver arranged prior to your procedure date.

FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULTS IN A CANCELLATION OF YOUR PROCEDURE AS WELL AS A \$250 FEE