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Board Certified Gastroenterologist



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FLEXIBLE SIGMOIDOSCOPY (Flex Sig)

DAY BEFORE THE PROCEDURE: _____

1. Clear liquid diet all day.

Examples: Coffee, tea, soda, Gatorade, apple juice, white grape juice, Jell-O, popsicles, chicken broth, hard candy, etc.

NO SOLID FOODS, NOTHING RED IN COLOR, AND NO MILK PRODUCTS.

2. At 12:00pm: Take two (2) Dulcolax tablets (purchase over the counter).

3. At 2:00pm: Mix one (1) 238-gram bottle of Miralax with 64oz of Gatorade (large pitcher will help with mixing). Drink 8oz every 10-15 minutes until solution is completed. Drink Slowly.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT!

DAY OF THE PROCEDURE: _____

1. Do not eat or drink anything, not even water. Nothing to eat, drink, smoke, or chew (no water, gum, or candy). You may brush your teeth.

2. Perform one Fleet enema (purchase over the counter) 1½ hour prior to your exam. Your stools should be clear in color.

3. Special instructions for routine medications:

Blood pressure medicine	Take with a sip of water
Heart medicine	Take with a sip of water
Oral Diabetic medicine	Hold morning of the procedure
Blood thinner (Plavix, Eliquis, Brilinta, Xarelto)	Hold the morning of procedures
Aspirin or aspirin products	Hold 5 days before procedure
Iron preparations	Stop 5 days before procedure
Vitamin E	Stop 5 days before procedure
Insulin	Hold morning of the procedure
Coumadin	Talk to your medical provider

* **If you are a diabetic**, please check your blood sugar prior to coming in for your procedure. If your blood sugar is low and you are having symptoms, drink 2-4 ounces of apple juice (this may delay your procedure).

REPORT TO: _____

Arrival Time: _____ **Day:** _____ **Date:** _____

Lavonia
St. Mary's Sacred Heart
367 Clear Creek Drive
Suite 2007
Lavonia, GA 30553

Hartwell
Hartwell Family Practice
229 Athens St.
Hartwell, GA 30643

Madison
Morgan Medical Center
1740 Lions Club
Suite 100
Madison, GA 30650

Commerce
Northridge Specialty Clinic
209 Mercer Place
Commerce, GA 30529