



**Flex-Sig Prep Instructions**

Date: \_\_\_\_\_

Check-in Time: \_\_\_\_\_

Appointment Time: \_\_\_\_\_

Doctor: \_\_\_\_\_

- MemorialCare Outpatient Surgical Center Long Beach**  
3833 Worsham Ave., Ste 200 Long Beach, CA 90808  
T: (562) 426-2606
- MemorialCare Surgical Center at Orange Coast**  
18111 Brookhurst Street, Ste 3200 Fountain Valley, CA 92708  
T: (714) 369-1100
- Los Alamitos Medical Center G.I. Lab**  
3751 Katella Ave Los Alamitos, CA 90720  
\*The GI lab number is (562) 799-3216

You will need to purchase (2) Fleet Cleansing Enemas at the drugstore to prepare for the procedure.

**5 days before the exam:**

- ~ Stop fiber supplements and medications containing iron. You may continue any routine laxatives.
- ~ Stop all blood thinners, unless this has been discussed with the doctor.
- ~ Stop aspirin, unless this has been discussed with the doctor.
- ~ Stop all anti-inflammatory medications (e.g. Tylenol, Motrin, Aleve, etc.)
- ~ Please ensure you have a **responsible adult** to drive you home and remain with you for 12 hours after the procedure.
- ~ Reminder: Go to your pharmacy to pick up the prep solution.

**3 days before the exam:**

- ~ Avoid nuts or popcorn, foods and breads with seeds.

**Day of exam:**

1. Clear liquid allowed after midnight until 6 hours before appt then nothing by mouth.  
**Clear liquids include:** water, fruit juices without pulp, clear broth or bouillon, coffee or tea (without cream), Gatorade, Kool-aid, jello, soft drinks, ice popsicles (no red, or purple colored liquids).
2. Take two Fleet enemas: one at \_\_\_\_\_, and the other at \_\_\_\_\_.  
Hold each enema for as long as possible before expelling. Times may be adjusted to accommodate any drive time.