



SOUTHWEST  
GASTROENTEROLOGY  
ASSOCIATES, P.C.

7788 Jefferson St. NE, Albuquerque, NM 87109  
Phone:(505)999-1600 Fax:(505)999-1650

## Flexsigmoidoscopy

DATE \_\_\_\_\_ TIME \_\_\_\_\_

PROVIDER \_\_\_\_\_ LOCATION \_\_\_\_\_

**Follow the steps below to make sure that your colon is completely clean before your Flex-sigmoidoscopy. You will need a driver on the day of your procedure. Please call our office if you have any questions.**

**Let us know if you are on any of the following: Plavix, Coumadin, Effient, Pradaxa, Eliquis, Xarelto or other blood thinning medication.**

You will need to purchase the following items at any pharmacy. These will be in the laxative section.

**(3) Water based “FLEET ENEMAS”, no prescription is needed.**

**If your procedure is before 7:00 a.m. please check in at 6:30 a.m. Our office opens at 6:30 a.m.**

### **Day of your procedure**

1. Approximately one hour before leaving home, begin use of the three fleet enemas.
2. Hold each enema for 10 minutes, or as long as possible.
3. Space each enema 10 to 15 minutes apart.

Absolutely nothing by mouth 6 hours prior to your procedure  
No gum, mints, candy or tobacco products

Take your medications with a small sip of water at least 2 hours prior to your procedure.  
Do not skip heart, blood pressure, or seizure medications

**You will need your current insurance card, picture ID, and copayment.**