

## INSTRUCTIONS FOR FLEX SIGMOIDOSCOPY

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

Follow Up Visit: \_\_\_\_\_

The surgical center will call you **2 business days** prior to your procedure with your arrival time.

- Cypress Ambulatory Surgery Center  
5016 W. Cypress Street  
Suite 100  
Tampa, FL 33607  
(813)542-2589
- St. Joseph's Same Day Surgery Center  
3001 W. Dr. Martin Luther King Jr. Blvd. Tampa, FL 33607  
Phone: 813-870-4711

### Instructions:

- Five days before do not take any Aspirin, Advil, Aleve, Motrin, naprosyn, Celebrex, Trental, Relafen, all vitamins, and herbal supplements. It is safe to take Tylenol as a pain reliever.
- Stop taking Coumadin and Plavix five days prior to procedure. Continue taking routine medications, including blood pressure and heart medications.
- If diabetic, do not take diabetic medications the night before and the morning of procedure.
- Nothing to eat or drink after midnight the day before procedure. You may take any necessary medications with a sip of water up to 3 hours prior to your procedure.

### Day before procedure:

- Clear liquid diet
- At 6 p.m. do 2 bottles of Magnesium Citrate
- Morning of procedure do 1 Fleet Enema
- You must have a friend or family member drive you to and from the facility.  
NO FORM OF TAXI SERVICE IS PERMITTED.

**Please allow a 5-business day notice for cancellation or there will be a \$200 charge.**



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Suite 200  
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[www.Gastro-MD.com](http://www.Gastro-MD.com)

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Please call the office if you have any questions or concerns.  
Visit us at [www.Gastro-MD.com](http://www.Gastro-MD.com).