

FLEX SIGMOIDOSCOPY PREPARATION

PROCEDURE DATE: _____

FOLLOW UP DATE: _____

Cypress Ambulatory Surgery Center

5016 W. Cypress St, Suite 100
Tampa, FL 33607
(813) 542-2586

St. Joseph's Hospital

3001 W. Dr. Martin Luther King Blvd
Tampa, FL 33614
(813) 870-4000

Tampa General Hospital

1 Tampa General Cir
Tampa, FL 33606
(813) 844-7000

HOW TO PREPARE FOR THE PROCEDURE:

- If you take insulin and/or blood thinners such as: Coumadin, Plavix, Effient, Brilinta, Pradaxa, Eliquis and Xarelto- **we will obtain clearance from your prescribing provider before the procedure for specific instructions.**
- **STOP** iron supplements, vitamins and herbal supplements **5 days** before the procedure.
- **STOP** aspirin, Aleve, Motrin, Naproxen or Ibuprofen **5 days** before the procedure. Tylenol is **OK** to take.
- **STOP** Phentermine 1 week before the procedure.
- **DO NOT** take ACE inhibitors or Angiotensin receptor blockers (ARBs) the day of your procedure.
- **DO** take all other blood pressure medications and beta-blockers up until **3 hours** before procedure, with a small sip of water.
- If you're on any of these medications, you will have to stop **1 week prior to procedure. These medications have an increased risk of delayed gastric emptying. Semaglutide ("Ozempic", Wegovy, Rybelsus) and other glucagon-like peptide (GLP-1) receptor agonists. Other medications** in this class include dulaglutide ("Trulicity"), Liraglutide ("Victoza," "Saxenda"), exenatide ("Byetta," "Bydureon BCise"), and tirzepatide ("Mounjaro").
- If you take insulin and/or blood thinners such as: Coumadin, Plavix, Effient, Brilinta, Pradaxa, Eliquis and Xarelto- **we will obtain clearance from your prescribing provider before the procedure for specific instructions.**
- You must have a friend or family member over the age of 18 to take you home from the facility. **NO FORM OF TAXI OR UBER SERVICE ALLOWED**

DAY BEFORE PROCEDURE:

NO SOLID FOOD THE ENTIRE DAY BEFORE THE PROCEDURE!

Drink **ONLY** clear liquids all day. Do not drink any liquids that are red or purple in color- cranberry juice, red grape juice.

Examples of Clear liquids: (nothing red or purple), **No dairy.**

Soups: broth or bouillon (beef, chicken)

Juices: white grape, apple, white cranberry, etc

Desserts: Jell-O, Italian ice, Popsicles, etc

Beverages: Tea, Water, black coffee, Crystal light

**** ADMINISTRATIVE FEES**

As a courtesy to other patients who are waiting for appointments, we require that you provide us with notice of any cancellation of an appointment. Missed or cancelled appointments are subject to the following fee, which is not covered by your insurance:

Surgical Center or Hospital Procedure with less than 72 hours' notice.....\$75

FLEX SIGMOIDOSCOPY PREPARATION

DAY BEFORE PROCEDURE:

1. At 6 PM, mix a (119 g) bottle of MiraLax with a (32 oz.) bottle of Gatorade (or Crystal Light).
2. Stir until powder is dissolved.
3. Drink 8 oz. of solution every 10-15 minutes until solution is gone.

DAY OF PROCEDURE:

- **2 hours** before your procedure, use one Fleet enema.

STOP all liquids **three (3) hours** prior to the procedure, including water.

**** ADMINISTRATIVE FEES**

As a courtesy to other patients who are waiting for appointments, we require that you provide us with notice of any cancellation of an appointment. Missed or cancelled appointments are subject to the following fee, which is not covered by your insurance:

Surgical Center or Hospital Procedure with less than 72 hours' notice.....\$75