

# FLEX SIGMOIDOSCOPY

READ ALL INSTRUCTIONS UPON RECEIPT

## FOODS:

- Have nothing to eat after midnight.
  - You can drink water but you must stop at least 3 hours prior to your arrival time.
  - Do not chew gum or tobacco.
- 

## TRANSPORTATION:

- Bring someone with you that can safely drive you home. No taxi's, ride shares or public transportation, unless you are accompanied by a family member or friend.
- 

## PURCHASE:

- 2 PlainFleet Enemas from any drugstore.
- 

## PREP INSTRUCTIONS:

- One (1) hour prior to arrival, insert the first enema.
  - Hold for one (1) to three (3) minutes and then expel.
  - Immediately after the first one, repeat the second dose following the same instructions.
- 

## CANCEL OR RESCHEDULE:

- Please let us know at least 3 business days, prior to your appointment, if you need to cancel or reschedule to avoid a late notice fee.
- 

## NO CHEWING TOBACCO OR SMOKING (CIGARETTE, CIGAR, PIPE, MARIJUANA, VAPOR):

- Please do not smoke or chew tobacco on the date of the procedure, until after your procedure. Nicotine Patch OK.

**Call: +91 9650846789 if you have any questions.**