



7566 N La Cholla Blvd Suite "B" Tucson, AZ 85741

Flex Sig/Limited Colon Preparation

Purchase 3 (water base) fleets enemas available over the counter. Administer rectally and hold each as long as possible for best results.

- Your stomach needs to be empty for this procedure.
- No solid food after midnight.
- Approved Clear Liquids Only. Do not drink anything: purple, red, or orange in color.

Approved Clear Liquids:

- Clear bouillon & broth
- Tea & Coffee (without milk or cream)
- Crystal Light, Gatorade & Sports drinks
- Carbonated drinks (including dark cola)
- Apple & White grape juice
- Popsicles & Jell-O

Day Of Procedure:

Start the enemas on: _____

1st enema _____ 2nd enema _____ 3rd enema _____

Day of the Procedure:

- Driver must be present at check in and is required to stay for procedure duration in surgery waiting area.
- Patient may use a medical taxi or transportation provided through insurance.
- Please bring a list of your current medications with you.
- Take medications for: heart, blood pressure, pain, asthma, anxiety, seizure, and thyroid.

You may have clear liquids until _____. Nothing by mouth after this time including: water, tobacco, gum, cough drops, and hard candies.

Procedure scheduled on: _____. Check in to **ADI** at _____.

Note: Should additional questions arise concerning your upcoming procedure, please call 742-4139 and ask for the Procedure Scheduling department.