

Flex Sig Prep

- **Day Before you procedure** - Drink only clear liquids ALL DAY. Drink 8oz of clear liquid every hour. Examples: Water, tea, coffee (no creamer or milk), bouillon, broth, apple juice, white grape juice, ANY soft drinks, Kool-Aid, Gatorade, popsicles, ice and jello (without fruit) are also OK DO NOT eat solid foods , Hard Candy or milk products. Nothing red or purple. No pulp-containing juices.
- At **4PM** take **4 Dulcolax tablets** (purchase over the counter) and follow with 8oz of clear liquids every hour after that for at least 3 hours.
- You may continue to drink your clear liquids until midnight. Nothing else after midnight.
- **1 hour before** your arrival time, use 2 enemas back-to-back.

Report to: _____SEC-27 "B" Medical Center Dr. at _____ on _____.

_____JMCGH-620 Skyline Dr. at _____ on _____.