

FLEX SIG/EGD PREP

The following instructions are your physician’s specific instructions. Please follow the instructions carefully to ensure a successful prep.

If you have questions about your prep, please call our office or visit our website: <https://www.gigeorgia.com/prep/>

You can reach your physician’s office at: **678.741.5000**

Special Notes: If you have major health problems or a pacemaker, you should discuss your health history with the anesthetist at the center. Please contact them as soon as possible by calling your assigned center.

2550 Windy Hill Rd., Suite 302, Marietta (770-226-9070) | 118 Mill St., Suite 100, Woodstock (678-819-4281)
880 Crestmark Dr., Suite 102, Lithia Springs (678-388-2040)

| 7 days prior to procedure | 3 days prior to procedure | 1 day prior to procedure | Day of procedure |
|---|--|---|--|
| <p>Purchase:</p> <ul style="list-style-type: none"> • Two(2) Fleet Enemas • Dulcolax 5mg laxative <u>tablets</u> <p>Both are available over the counter at any pharmacy.</p> <p>Please review your medications for any blood thinners: (Plavix, Arixtra, Aggrenox, Coumadin, Warfarin, Xarelto, Effient, Eliquis, Pradaxa, Pletal, Brilinta and others).</p> <p>Please stop these medications as previously instructed. If you have not received instructions on managing these medications contact our office immediately.</p> <p>STOP TAKING:</p> <ul style="list-style-type: none"> • Iron Supplements and any multivitamin containing iron • Weight loss / GLP-1 medications: Ozempic; Mounjaro; Trulicity; etc. • Stimulant Medications (ADHD): Adderall; Ritalin; Concerta; etc. • SGLT-2 Diabetes medications: Invokana; Farxiga; etc. <p>These medications delay gastric emptying causing sedation risk.</p> | <p>Purchase:</p> <p>Flushable wet wipes (i.e. Charmin)</p> <p>Anti-gas Tablets (i.e. Gas-X or Phazyme)</p> <p>Review & complete all procedural consent forms. Complete your health history form if you have not done so in the past 30 days.</p> <p>Confirm arrangements with your driver.</p> <p>NO DRIVER means NO PROCEDURE</p> | <p>NO SOLID FOOD, CLEAR LIQUIDS* ONLY FOR THE ENTIRE DAY</p> <p>A Clear Liquid Diet* is necessary for this procedure.</p> <p>Please see below for Clear Liquid Diet Details, guidance, and tips.</p> <p>Prep at a Glance 6:00 pm Take two (2) Dulcolax Tablets.</p> <p>One (1) Hour before bedtime use one (1) Fleet enema.</p> <p>Detailed, step-by-step instructions continue on page 2 including information for patients with diabetes.</p> | <p>Nothing by mouth 3 hours prior to your procedure.</p> <p>One (1) hour before leaving for your procedure use one (1) Fleet enema.</p> <p>NO GUM, HARD CANDY OR CHEWING TOBACCO</p> <p>YOU MAY BRUSH YOUR TEETH BUT DO NOT SWALLOW</p> <p>If you take Lovenox shots, do not take the morning of the procedure unless otherwise instructed.</p> <p>If you take daily blood pressure medication, you may take it with a SMALL SIP OF WATER ONLY, at least 3 hours before your procedure.</p> <p>Use of illicit drugs, including marijuana/ THC, on the day of your procedure will result in cancellation and fees.</p> |

***Clear Liquid Diet Details:**
NO DAIRY, NO RED, PURPLE or ORANGE.

Approved
Sodas, coffee, tea
Clear juices, fitness waters
Chicken, vegetable and beef broth
Gelatin
Popsicles without pulp

Avoid
No milk/dairy
No juices with pulp
NO RED PURPLE OR ORANGE.



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7 Days Prior To Procedure:

STOP TAKING: Ozempic; Mounjaro; Wegovy; Trulicity; Victoza; Zepbound; semaglutide; tirzepatide; Phentermine; Adipex, Adderall, Dextroamphetamine, Ritalin, Methylphenidate; Concerta; Vyvanse. These medications delay gastric emptying causing sedation risk.

Prep Day: The day before your procedure

No solid foods upon rising, until after your procedure. Drink plenty of water throughout the day to avoid dehydration.

DIABETICS: If you are on long acting insulin, take only half dose the evening before your procedure, unless otherwise directed by your gastroenterologist

1

6:00 PM the evening prior to your procedure

Take two (2) Dulcolax Tablets with a glass of water.



2

One (1) Hour before bedtime the evening prior to your procedure

Use one (1) Fleet Enema

3

One (1) hour before leaving for your procedure the morning of your procedure

Use one (1) Fleet Enema

Individual responses to laxatives vary. This preparation will cause multiple bowel movements, stay close to a bathroom. Your bowel movements should be watery, see-through and free of solids (flecks are ok).

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THE DAY OF THE PROCEDURE

- You are on a clear liquid diet up to 3 hours before your procedure
- **DO NOT have anything by mouth 3 hours prior to your procedure (this includes water, gum, candy, chewing tobacco, snuff or food items).**
- **EXCEPTION:** If there are prescribed medications that you **NEED** to take the morning of the procedure, please do so with a small sip of water **AT LEAST 3 hours prior** to your procedure. Do not take **anything** by mouth starting 3 hours prior to your procedure.
- **DIABETICS:** Do not take ANY insulin or oral diabetic medication the morning of your procedure, unless otherwise directed by your gastroenterologist.
- Use of illicit drugs including Marijuana/THC within 24 hours of procedure could result in cancellation.
- If you use an inhaler, bring it with you to your procedure.
- If you wear contacts, be prepared to remove them or wear glasses.
- Please do not wear jewelry (including body piercings) or wear lotion to the center.
- DO NOT USE ILLICIT DRUGS, INCLUDING MARIJUANA/THC, ON THE DAY OF YOUR PROCEDURE. IF YOU DO, YOUR PROCEDURE WILL BE CANCELED, AND YOU WILL INCUR CANCELLATION FEES.
- Plan to be at the facility for 3-4 hours.

This procedure requires sedation. Therefore, a driver (age 18 or over) must accompany you to your appointment. The person who is driving you home must remain at the facility while your procedure is being performed so that they are available to receive discharge instructions and pertinent medical information, as well as possibly assist you with dressing. You may not go home in a taxi, rideshare (Uber/Lyft), or take public transportation. The sedation you will receive will prevent you from driving safely or working the rest of the day of your procedure. Following your procedure, do not drive, operate heavy machinery or sign legal documents for 24 hours.

NO DRIVER = NO PROCEDURE

If you have any questions or concerns about the preparation, please contact our office during regular business hours at 678-741-5000