

## EGD PREP INSTRUCTIONS

Do **NOT** eat any food after midnight. You may have clear liquids until 3 hours prior to your procedure, and **NOTHING** by mouth after this time. Take all blood pressure medications.

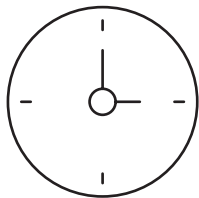
## FLEX SIGMOIDOSCOPY

You will need one bottle or packet of Miralax and two Fleets enemas, which may be purchased from any pharmacy without a prescription. Do **NOT** use mineral oil Fleets.



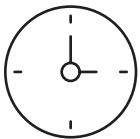
### THE DAY BEFORE THE EXAM:

- Do **NOT** eat any solid food after lunch.
- You may have clear liquids until midnight.
- Take one full cap or 1 packet (17 grams) of Miralax mixed with 8oz of water or clear liquid of your choice at 5:00 PM.
- Drink 3 large glasses (8-10oz) of clear liquids over the next 2 hours.
- Continue to take all routine medications as prescribed.



### THE DAY OF THE EXAM:

- You may only have clear liquids to drink for breakfast, and nothing by mouth for 3 hours prior to the procedure.
- Use two Fleets enemas 2 hours prior to your exam. Hold each enema for at least 5 minutes.



### The Day of the Procedure:

- No tobacco products **6 hours** before your arrival time. This includes cigarettes, chewing tobacco, pouches and vaping.
- **YOU MAY NOT HAVE ANYTHING IN YOUR MOUTH 3 HOURS BEFORE** your arrival time. This includes no gum, hard candies, cough drops, medications or clear liquids. Your prep must be finished before this time.
- You may wear contact lenses on the day of your procedure. If you choose to wear glasses, please bring a glasses case.
- An adult driver 18 years or older must stay at Quadrangle Endoscopy Center until your procedure is complete. Failure to do so can lead to your procedure being delayed or canceled. You may use public transportation such as Uber, Lyft, or taxi but you must have an adult 18 years or older stay on campus until your procedure is done and they must leave with you.
- Children are allowed to wait in the lobby. Children must be accompanied by an adult at all times. Children are **NOT** allowed in the recovery area unless a waiver is signed.