

## FLEX SIG

Your Procedure is scheduled for \_\_\_\_\_ at Ochsner Kenner Hospital 180 West Esplanade Ave. Kenner, La 70065. Check in at the Hospital Admit Desk on the First Floor (Building on the Left).

To ensure that your test is accurate and complete you must follow these instructions. If you have questions, please call the office at 504-464-8588.

THE HOSPITAL WILL CALL YOU 2 DAYS BEFORE WITH YOUR ARRIVAL TIME.

If you have not received a call by this time please call endoscopy lab at 504-464-8148.

**\*\*YOU WILL NEED SOMEONE TO DRIVE YOU HOME AFTER PROCEDURE DUE TO RECEIVING SEDATION**

**\*\*PURCHASE TWO FLEET ENEMAS FROM YOUR LOCAL PHARMACY (IN THE LAXATIVE SECTION). FOLLOW INSTRUCTIONS BELOW.**

### THE DAY BEFORE THE TEST

- Eat light meals the entire day---breakfast, lunch and dinner.
- Light meals consist of any type of soup made without milk, sandwiches made with turkey and white bread, Jell-O and popsicles (NO RED, ORANGE , PURPLE OR BLUE).
- Drink as much clear liquids as you like throughout the day.
- DO NOT eat anything fried, such as hamburgers and french fries. The lighter your diet, the more accurate the test will be. Avoid all fatty foods and dairy products.

### THE DAY OF YOUR TEST

- Use the first Fleet enema TWO HOURS before leaving home.
- Use the second Fleet Enema ONE HOUR before leaving home.
- Nothing to eat or drink after midnight. Brushing your teeth is allowed.
- However, if your test is scheduled after 1200 noon you may have clear liquids up until SIX hours before exam.

Take heart, blood pressure or seizure medication the morning of the procedure. Take none of your other medications until after procedure is complete. If you use inhalers bring them with you.