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GASTROENTEROLOGY AND LIVER DISEASES
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FLEX SIG FLEETS ENEMA PREP

Pradaxa, Xarelto, Eliquis need to be held 2 days before the procedure and 5 days after the procedure - if okay with the prescribing doctor.

5 days prior to the procedure STOP ALL BLOOD THINNERS like Advil, Alka Seltzer, Aleve, Ansaid, Arthritis Medications, Arthrotec, Aspirin, Bextra, Celebrex, Coumadin, Diet Pills (Phentermine), Ibuprofen, Ketrolalc, Naproxen, Phenopufen, Plavix, Vioxx, Vitamins and Supplements (Fish oil, Garlic, Gingko, Ginger).

On the evening before procedure, DO NOT eat or drink anything after midnight.

On the morning of your procedure, TAKE 2 FLEETS ENEMAS 10 MINUTES APART 30 MINUTES BEFORE LEAVING HOME.

DO NOT TAKE ANY DIABETIC MEDICATIONS, like Actos, Avandia, Glipizide, Glucophage, Glucotrol, Insulin and Metformin.

PLEASE HAVE TRANSPORTATION as you will be sedated and CANNOT drive or go home alone or take a cab home.

Your procedure has been scheduled on _____ at _____.

Report to Bardmoor Surgery Center Ste 300/ West Bay Surgery Center/ Largo Medical Center.

Arrive at _____.

Follow up appointment at Dr. Bidani's Office on: _____ at _____.

24 hours notice required before canceling or rescheduling a procedure.

Clear-Liquid Diet

One day before—and the day of—your procedure, you will be on a clear-liquid diet. The chart shows examples of drinks you can include, and what to avoid. Starting the day before your procedure, don't eat any solid food until after your procedure.

Print this chart (PDF) for easy reference.

CLEAR LIQUIDS AND LIMITED LIGHT-COLOR DRINKS ONLY



YES- OKAY TO DRINK

- Water
- Tea and black coffee without any milk, cream, or lightener
- Flavored water without red or purple dye
- Clear, light colored juices such as apple, white grape, lemonade without pulp, and white cranberry
- Clear broth including chicken, beef, or vegetable
- Soda
- Sports drinks such as Gatorade and Propel (light colors only)
- Popsicles without fruit or cream; no red or purple dye
- Jell-O or other gelatin without fruit; no red or purple dye
- Boost Breeze Tropical Juice drink
- Ensure Clear
- Italian Ice

NO- AVOID THESE

- Alcoholic beverages
- Milk
- Smoothies
- Milkshakes
- Cream
- Orange juice
- Grapefruit juice
- Tomato juice
- Soup (other than clear broth)
- Cooked cereal
- Juice, Popsicles, or gelatins with red or purple dye