



Mary Washington

Gastroenterology

Procedure Locations and Phone Numbers

Mary Washington Hospital ENDO	1001 Sam Perry Blvd, Fredericksburg, VA 22401 (540) 741-1100
Stafford Hospital ENDO	101 Hospital Center Blvd, Stafford VA 22554 (540) 741-9000
Fredericksburg ENDO Center	1211 Central Park Blvd, Fredericksburg, VA 22401 (540) 408-0800

PLEASE REVIEW YOUR PROCEDURE PREP INSTRUCTIONS 7 DAYS PRIOR TO YOUR PROCEDURE TO ENSURE THAT YOU FOLLOW THE DIRECTIONS AND ARE NOT AT RISK OF HAVING YOUR PROCEDURE CANCELLED OR RESCHEDULED.

- If you were given a prescription for your prep and anti-nausea medication (if prescribed), you can pick this up from the pharmacy and store it in a cool dry place until needed for your procedure.
- You should plan to be at the endoscopy center for up to 3 hours for preparation, the procedure and recovery.
- If you are taking antibiotics for respiratory reasons within 2 weeks of your procedure date, please contact our office.
- If you have donated blood, you must wait 8 weeks (about 2 months) after your donation to have your procedure. Please call our office to report donations within this time frame.
- You will need to have a responsible adult (18 years or older) to drive you to your procedure and wait in the endoscopy center as well as drive and receive you at home.

Alternative Transportation Options:

Patients are required to have transportation home from their procedure as they are unable to drive for the remainder of the day due to having anesthesia

For patients who are unable to obtain a ride home from the procedure, you can contact any of the below companies prior to the procedure to arrange transportation:

- Comfort Keepers (540) 205-8743 or submit an online request at [Comfort Keepers Home Care in Fredericksburg, VA | Comfort Keepers Home Care](#)

Please be advised there are fees associated with the above options and a responsible party will still need to accompany you to your procedure or receive you at your destination after your procedure.



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Flex Sig Instructions

If you are taking anticoagulant (blood thinner) medication, please refer to your medical clearance from the prescribing provider or follow instructions provided by your gastroenterologist.

SEVEN (7) Days before your Procedure

- **STOP** taking
 - Phentermine
 - Qsymia
- **Purchase 2 Fleet enemas over the counter at your local pharmacy or grocery store.**

ONE (1) Day before your Procedure

- **If you are on any of the GLP-1 medications** for diabetes management/weight loss. Phentermine (Lonamin); Wegovy, Ozempic, Rybelsus (Semaglutide), Trulicity (Dulaglutide); Bydureon, Byetta (Exenatide); Victoza, Saxenda (Liraglutide); Adlyxin (Lixisenatide); Mounjaro, Zepbound (Tirzepatide), Albiglutide, Tanzeum, Soliqua, Qsymia **you will begin a CLEAR LIQUID DIET upon waking up.**
- If diabetic: take ½ (half) of your normal diabetic medication(s) today.
- If you have an insulin pump: DO NOT remove it at any time.
- If you have any questions regarding your dosing, discuss your rates with your prescribing physician (PCP or Endocrinologist).
- ****If you are NOT on the medications listed, you can continue your normal diet and take other medications as prescribed. ****

Clear Liquid Diet

Clear sodas

Clear Juices

**Black or green tea
(sweeteners permitted)**

**Fitness water, Sports
Drinks**

Popsicles without pulp

Gelatin

Italian Ice

**Chicken, vegetable or
beef broth**

No milk/dairy

No juices with pulp

No gummies

No chocolates

No alcohol

**Nothing that is RED
or PURPLE in color**



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Day of your Procedure

- If you are a smoker, please refrain from smoking on the day of your procedure; this includes cigarettes, cigars, pipe, e-cigarettes and marijuana.
- **Continue with CLEAR LIQUID DIET upon waking**

NOTHING TO EAT OR DRINK AFTER MIDNIGHT

4 hours prior

- **Use the 1st enema at this time.**
- Take your heart, blood pressure and/or seizure medications with a small sip of water.
- Use inhalers as instructed
- If diabetic: DO NOT take any of your diabetic medications. DO NOT remove your insulin pump.
- **NO** hard candy, gum, or mints.
- **NOTHING** else by mouth until after the procedure is complete

3 hours prior

- **Use the 2nd enema at this time.**