

# FLEX SIGMOIDOSCOPY

## Upper Endoscopy Instructions

Date of Procedure: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

DDSI Endoscopy Center North  
Baptist Physicians Bldg D  
3366 NW Expressway, Ste 400  
Oklahoma City, OK 73112

Baptist Medical Center  
3300 NW Expressway  
Oklahoma City, OK 73112  
Check-In at Out-Patient Registration

DDSI Endoscopy Center South  
4201 S. Western Ave.  
Oklahoma City, OK 73109

### READ ALL INSTRUCTIONS BEFORE STARTING

#### FOODS:

- Have nothing to eat after midnight.
- You can drink water but you must stop at least 3 hours before your arrival time.

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#### MEDICATIONS:

- If you are taking a blood thinning medication, follow your doctor's instructions on holding or continuing this medication.
- **STOP** all NSAID's (*Advil, Aleve, Celebrex, Ibuprofen, Midol, Mobic, Motrin, and Naproxen*); Tylenol OK to use.
- **STOP** the following diabetic or weight loss injections: *Mounjaro, Zepbound, Wegovy, Ozempic, Trucility, Saxenda, Victoza, Byureo, and Byetta*.
- Take all other morning medication with a small sip of water at least 3 hours prior to your arrival time.

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#### PURCHASE:

- Two (2) Plain Fleet Enemas from any drugstore.

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#### PREP INSTRUCTIONS:

- One (1) hour prior to arrival, insert the first enema.
- Hold for one (1) to three (3) minutes and then expel.
- Immediately after the first one, repeat the second dose following the same instructions.

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#### NO CHEWING TOBACCO, GUM or SMOKING (CIGARETTE, CIGAR, PIPE, MARIJUANA, VAPOR):

- Do NOT chew tobacco, gum or smoke on the date of the procedure, until after your procedure.
- Nicotine Patch OK.

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#### TRANSPORTATION:

- Bring someone with you that can safely drive you home. No taxi's, ride shares or public transportation, unless you are accompanied by a family member or friend.

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**David A Neumann II, M.D.**

(405) 702-1300 | 3366 NW Expressway, Bldg D, Suite 400 | Oklahoma City, OK 73112

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### BRING THE FOLLOWING TO YOUR PROCEDURE:

- Insurance Card/Photo ID.
  - Completed Patient History Intake Form and List of Current Medications.
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### CANCEL OR RESCHEDULE:

- Please let us know at least 3 business days prior to your appointment if you need to cancel or reschedule to avoid a late notice fee.
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**CALL 405-702-1300 IF YOU HAVE QUESTIONS**

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