

FLEXIBLE SIGMOIDOSCOPY – INSTRUCTIONS

Date of Procedure:

Arrival Time:

Procedure Time:

** Note cancellation or rescheduling within 1 week of the procedure may incur a \$100 cancellation fee at the discretion of the surgeon

Location & Details:

Georgetown Hospital. 1 Princess Anne Drive, Georgetown Ontario. L7G 2B8. Paid Parking is available at the front of the Hospital. Take ticket at parking entrance. Pay machines are located at the entrance of the hospital. Go to the Day Surgery Clinic for registration.

Home Medications on day of procedure:

You should take all your usual morning medications with sips of water (except diabetic pills). If you are diabetic please discuss your medications with me. Continue your Aspirin or Blood Thinners (e.g. Coumadin/Warfarin, Plavix) as usual unless instructed otherwise.

Other Instructions: _____

What to bring:

Please bring your Consent Form, Pre-op Surgical Questionnaire, List of home medications, Health card.

After the Procedure:

After procedure you will be alert once the immediate effects of the sedation wears off over one hr. You will be discharged home with an information sheet indicating the results of your procedure. If any significant results I will speak with you or a designated family member immediately after the procedure.

If you received sedation for your procedure you will need someone to drive you home. You cannot operate a motor vehicle or heavy machinery until the morning after the procedure. If you are taking a taxi home, you **MUST** have someone accompany you.

You should not drink alcohol or use sleeping pills or other sedatives pills until the following day. Once you depart the hospital there are no other restrictions to your diet and you can restart your home medications unless directed otherwise.

If you notice your abdominal pain or discomfort is worsening after your reach home, or you develop excessive bleeding from your rectum, fevers, or persistent nausea and vomiting go directly to your nearest emergency department.

Bowel Preparation

Two tubes of **Fleet Enema**. If you have known kidney disease or are on dialysis you should buy a Fleet Mineral Oil Enema to avoid the slight risk of electrolyte problems that can occur with sodium phosphate enemas.

1 Day before Sigmoidoscopy

After midnight the day before, nothing solid by mouth until after procedure. If your procedure is on Wednesday, for example, nothing solid after 11:59PM on Tuesday.

Day of your Sigmoidoscopy

If your appointment is BEFORE OR AT 12 pm, please do not consume anything by mouth after midnight. You may have your regular morning medications with sips of water as early as possible.

If your appointment is AFTER 12 pm you may have Acceptable Clear Fluids (see below) until 4 hours prior to your appointment time. After this point, nothing by mouth.

Acceptable Clear Fluids

Consommé/broth, yellow or green Jell-O, water, apple juice, white grape/cranberry juice, ginger ale, soda water. Sports drinks like Gatorade are recommended because they contain electrolytes and prevent dehydration. Do not drink coffee, tea, dairy products or anything coloured red, purple or blue.

2 hours prior to arrival time for appointment

Use the first tube of **Fleet Enema**. Lay on your side and insert the fleet enema nozzle into the rectum and squeeze out the contents of the tube. Try and hold the fleet enema for about 10 minutes before you have a bowel movement. Wait 30 minutes and then use the second tube of fleet enema. Again, try and hold the contents for at least 10 minutes before you have a bowel movement.