

SIGMOIDOSCOPY INSTRUCTIONS

Appointment Date and Arrival Time: _____

Please arrive at the Surgical Daycare Unit 2nd Floor RVH at your given arrival time (will be ~1.5hours prior to procedure).

Canceling an appointment with insufficient notice prevents the hospital from booking another patient into that appointment. If you need to cancel or reschedule your appointment, please contact the Surgeon's office at 613-432-7201 at least 7 working days prior to your appointment so that someone else can be booked for this procedure. If you cancel with less than 7 working days' notice, or if you do not show up for your scheduled appointment, there will be a fee of \$100.00 for any missed appointments.

At least one week before go to the pharmacy and buy **TWO (2) FLEET ENEMAS**. No prescription is needed.

ENEMA INSTRUCTIONS:

ONE DAY BEFORE: You may have a normal diet.

MIDNIGHT: DO NOT eat or drink anything after midnight.

DAY OF TEST:

- a) **DO NOT** eat/drink anything. No candy or gum.
- b) Use the first fleet enema 2 hours before coming to the hospital.
- c) Use the second fleet enema 30 minutes before coming to the hospital.
- d) Bring a list of your medications to the hospital with you.
- e) Do not wear any scented products (perfumes or aftershave).

IMPORTANT

- **If you are on a blood thinner** (Coumadin/warfarin, Pradaxa, Xaralto, eliquis, etc). – speak to the Booking Clerk regarding clear instructions for stopping the medication and timing prior to your colonoscopy
- You do not need to stop baby aspirin (ASA 81mg) unless you are specifically instructed to – in which case it should be stopped 7 days prior to the sigmoidoscopy
- Take your usual morning blood pressure, heart, and thyroid pills with a small sip of water
- **If you are diabetic** – speak to the Booking Clerk regarding clear instructions for which medications and doses to take
- **Continue your inhalers** as usual and bring any inhalers with you to the hospital

Day of the Sigmoidoscopy please bring:

- Current medication list and your pill bottles
- Someone to drive you home
- Pre-admission questionnaire

AFTER THE SIGMOIDOSCOPY

- The sigmoidoscopy takes about 20 minutes.
- If you receive sedations you will probably feel sleepy and need to rest for the remainder of the day.
- Your blood pressure and pulse will be taken before you leave.
- Before you leave, the results will be explained to you by a nurse.
- You may have mild “gas cramps” after the test, this is normal. If you have fevers, chills, sweats, severe abdominal pain, or have bloody bowel movements please contact your doctor or come to the Emergency Room.
- If you get sedation for the procedure it is **ILLEGAL** to drive for 24 hours afterwards. Your driver **MUST** come to the Daycare Unit to drop you off and pick you up. Ask you nurse if you are not sure if you got sedation.