



Preparation Instructions for Flexible Sigmoidoscopy

DATE OF PROCEDURE: _____

ARRIVAL TIME: _____

READ THIS PAGE CAREFULLY

SOMEONE MUST EITHER ACCOMPANY YOU OR IS AVAILABLE TO PICK YOU UP FROM THE APPOINTMENT.

We cannot perform a procedure without confirmation that someone will accompany you after. Sedation is given to keep you comfortable during the procedure. **NO DRIVING FOR 24 HOURS** – WAIVER MUST BE SIGNED ON THE DAY OF THE PROCEDURE

Please refrain from using any recreational drugs including marijuana for 72 hours before your procedure.

Please be advised that no show or cancellations will be charged a fee without at least 48 hours' notice; \$200.00 for procedure and \$50.00 for consultation/follow-up.

MEDICATION RESTRICTIONS: If you are on any of the following medications please book an appointment to discuss with the specialist first:

- Coumadin (Warfarin)
- Ticlopidine (Ticlid), Clopidogrel (Plavix)

1. Purchase two (2) bottles of "FLEET ENEMA" and four (4) tablets of "Dulcolax Stool Softener 5mg" from any pharmacy. It is sold over-the-counter, no prescription is needed.
2. On the day before the procedure, take 4 tablets of Dulcolax at 2:00 PM.
At 7 PM use one bottle of the fleet enema. Follow the directions included in the bottle, often there will be pictures that show you how to administer the enema. The fleet enema will make you have a bowel movement. Make sure the washroom is available for use.
3. On the day of the procedure, use the second bottle of the fleet enema 3 hours before your procedure time.
4. You need to be fasting from midnight before your procedure – nothing to eat and nothing to drink

Medications: Take your usual medications on the day of your test with a small sip of water.

After the procedure: you will stay in the recovery area until you are awake and ready to go home. You will be given instructions on how to care for yourself when you get home. Rest for the remainder of the day. You may have minor problems such as bloating or cramping which should go away within 24 hours.

If you are receiving sedation, for 24 hours after the procedure you may not drive a vehicle, ride a motorcycle, operate machinery, or drink any alcohol.