

FLEXIBLE SIGMOIDOSCOPY

PREPARATION & INSTRUCTIONS

Date of Procedure: _____

Arrival Time: _____

Procedure Time: _____

Location: Oakville Trafalgar Memorial Hospital
3001 Hospital Gate, Oakville, ON L6M 0L8

Ambulatory Procedures Unit
(Take Center Elevators to Level 2, then proceed to G Area)

Bring your Ontario Health Card.

Cancellation

If you fail to show up for your procedure, reschedule or cancel within 1 week (7 days) of your confirmed procedure date you will be charged a cancellation fee of \$100.00

Sedation

You will typically not require any sedation for this procedure.

However, if you decide that you want sedation, you will need to make arrangements for someone to accompany you. You are not allowed to drive home or to take a taxi unaccompanied.

If you have not made arrangements to be accompanied home, your procedure will be cancelled and you will have to reschedule it for another day or you will need to have the procedure completed without sedation. There are no exceptions.

Medication

Continue taking all of your prescribed medications, including Aspirin. **If you take any of the following non-ASA blood thinners** Coumadin/warfarin, Eliquis/apixaban, Pradaxa/dabigatran, Xarelto/rivaroxaban, Plavix/clopidogrel, Brilinta/ticagrelor, Aggrenox/dipyridamole, Ticlid/ticlopedine, Effient/prasugrel **please notify your doctor and they will provide instructions.**

Bowel Preparation

- 2 tubes of Fleet Enema.

These can be purchased at any pharmacy. Prescriptions are not needed.

2 hours before the procedure:

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. 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 the fleet enema. Again, try and hold the contents for at least 10 minutes before you have a bowel movement.

After the procedure:

Resume your normal diet and activity.

It is not uncommon to feel gas cramps for a short while. Moving around will help expel the gas.

If, after you get home, you have severe abdominal pain (worse than when you were in the hospital) or excessive bleeding from your rectum, you should go directly to your nearest Emergency department.

You will receive post-sigmoidoscopy instructions after your procedure is completed including preliminary findings, as well as instructions on when to schedule your follow up appointment.