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Flexible Sigmoidoscopy Preparation Instructions

You have been booked for a flexible sigmoidoscopy with Dr. Miller on _____ at RGH / Pasqua. Please present to the admitting department at _____ and then proceed to the endoscopy unit, which is a scent-free environment.

Please refer to these instructions leading up to your sigmoidoscopy. It is extremely important to follow these instructions to ensure a successful procedure.

Sigmoidoscopy Checklist

- Upon receipt of this notice, please call (306) 546-5504 to confirm your appointment. Any **rebooking or cancellations must be made 72 hours prior** given lengthy waitlists. If not, there may be a charge associated with not cancelling in this timeframe (exceptions made for extenuating circumstances).
- Purchase **two sodium phosphate enemas (e.g. Fleet enemas)** from your pharmacy one week before your examination. Please also purchase Sennakot stool softener.
- Please notify Dr. Miller's office if you are taking any **blood thinners** - eg) Warfarin, Clopidogrel/Plavix, Dabigatran/Pradaxa, Rivaroxaban/Xarelto, Apixaban/Eliquis. Depending on your medical history, these may need to be stopped prior to your procedure. Please also notify the office if you have a pacemaker or ICD. If you are taking 81 mg of aspirin, this may be continued.
- Stop eating any solid foods 8 hours prior to your procedure.** During this time, follow a **clear fluid diet**.
 - **A clear fluid diet** includes water, clear broth, clear fruit juices, Jell-o, popsicles without pulp, carbonated beverages, sports drinks, and tea and coffee (black or with sugar). Do not eat or drink any dairy products (e.g. milk, cream, yogurt, cheese, ice cream). Avoid any red-coloured beverages.
 - Stop drinking any clear liquids at least **2 hours before** your scheduled report time.
 - Do not consume any alcohol **24 hours** prior to your procedure.

Bowel Preparation Instructions

On the **night** prior to your procedure:

- Take **3 Sennakot tablets**

On the **day** of your procedure:

- Administer the **first fleet enema** two hours prior to leaving for the hospital. Please follow the directions on the container.
- Administer the **second fleet enema** 30 minutes after the first.

The day of your sigmoidoscopy

Medical considerations:

- If you have diabetes, **do not take your short-acting insulin or oral diabetic medications the morning** of your procedure. If you are on a clear fluid diet, stop taking your oral diabetic medication but continue your long-acting insulin at approximately 2/3 of your usual dose. Remember to use glucose-containing clear liquids to help you maintain your blood sugar. If you need help managing this prior to your procedure, please contact your family physician.
- All other medications may be taken on the morning of your procedure as usual. Please bring your list to the hospital.
- If you have sleep apnea and use a CPAP machine, please bring this to your appointment.

Plan to be at the hospital for approximately 3-4 hours. Leave any jewelry or valuables at home. **You must have someone to pick you up following the procedure if you receive sedation.** You cannot drive for 24 hours following administration of sedative medications. If you choose to complete the sigmoidoscopy without sedation, you may drive yourself home afterwards.