

## Your Flexible Sigmoidoscopy

### Information

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Your Appointment is on: \_\_\_\_\_ DAY / \_\_\_\_\_ MONTH at: \_\_\_\_\_ H : M \_\_\_\_\_ AM  
PM

### Background:

A flexible sigmoidoscopy is a procedure used to examine the rectum, anal canal and distal half of the colon. Enlarged hemorrhoids and diseases of this part of the colon can be diagnosed and biopsied if applicable.

Our professional staff are here to make you as comfortable as possible during your procedure. Please follow these instructions carefully to ensure the highest level of safety and effectiveness. If you have any concerns before your appointment, please call the Clinic.

### Important things to know in advance:

- » If you choose to have sedation, **YOU MUST BE ESCORTED HOME BY AN ADULT FRIEND OR RELATIVE.**
- » We recommend a friend [an adult] stay with you for the next 3–4 hours.
- » Purchase Gravol 50mg (to prevent nausea).

### Medical conditions and use of prescription drugs:

You must consult your physician or specialist before your procedure if you have certain medical conditions or if you are taking some prescription medications.

- » **Diabetes:** If you are insulin-dependent, consult your physician regarding your insulin requirements.
- » **Blood thinners such as Coumadin, Pradaxa, Pradax etc.** Ask your physician or Cardiologist when you should stop taking these medications prior to your procedure.
  - » **If you have been taking Coumadin, you must have an INR blood test a day before your procedure. Please ensure those lab results are faxed or emailed to our clinic, or bring them with you.**

### Understanding the risks:

A sigmoidoscopy is a potentially lifesaving procedure, but as with any invasive procedure, there are potential risks. Bleeding and bowel perforation requiring treatment rarely occurs. After your procedure, if you are experiencing significant pain or bleeding at home, and it is after clinic hours, please go to the nearest hospital emergency department immediately.

### Cancellations:

To avoid a \$200 cancellation fee, you must advise us a minimum of 3 business days in advance of your procedure.

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## Getting Ready

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### Anytime before your procedure:

- » Purchase 2 Fleet enemas at the pharmacy.

### 5 days before your procedure:

- » **DO NOT** eat nuts, oats, grapes, berries, multigrain or corn breads and any foods containing seeds
- » **Don't forget to arrange for someone to pick you up and drive you home after your appointment**

### The day of your procedure:

- » No solid food 8 hours prior to procedure. Clear liquids up to 4 hours prior to procedure. Then nothing by mouth.
- » Give yourself a Fleet enema 3 hours before the procedure.
- » Give yourself the second Fleet enema 2 hours before travelling to the clinic.
- » Arrive on time and wear comfortable, loose-fitting clothing.

### After your procedure:

- » You may eat what you want and resume normal activities. However, It is not uncommon to feel gas cramps for a short while following the procedure. If a polyp was removed, do not start your blood thinners for another 3 days.