

## Flexible Sigmoidoscopy General Info

Your appointment is on: \_\_\_\_\_ at: \_\_\_\_\_ AM/PM

Location: Endoscopy Clinic: 1<sup>st</sup> Floor, room 1G601, Credit Valley Hospital

### What is a Flexible Sigmoidoscopy?

A flexible sigmoidoscopy is a procedure used to diagnose diseases like polyps, colon cancer, colitis, diverticulosis and hemorrhoids. A thin, flexible tube is passed through the rectum into the distal half of the colon to allow the doctor to look at the lining of the colon. If any abnormality is found, a biopsy or polyp removal (polypectomy) may be performed.

SEDATION is usually NOT given. Rarely, If sedation is required, you must have an adult friend or relative escort you home.

ENEMAS are used to cleanse the rectum and colon to achieve a clean look with the endoscope.

### Important Things to Know in Advance

- Review diet, preparation and medication instructions carefully at least **1 week** before your procedure
- Bring your health card and a piece of photo ID to your appointment
- Do not wear perfume, cologne, or scented creams as some staff and patients are highly allergic.
- Leave all your valuables, such as jewelry or money at home.
- Wear loose, comfortable clothing and shoes to your appointment.
- Inform your doctor if you are taking Iron pills, DIABETIC medications or blood thinners.
- Bring a list of all medications you are taking. These include prescription and over the counter medications.
- Come 30 minutes before your appointment.
- **\*\*It is very important to follow the directions above or your appointment may be cancelled\*\***

### 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.

### Cancellation or Rescheduling

To avoid a cancellation fee, you must advise us a minimum of 10 business days in advance of your procedure.

## Flexible Sigmoidoscopy Preparation Instructions

Purchase two FLEET ENEMAS from any pharmacy prior to your test. Enemas are to be taken RECTALLY.

5 days before your procedure:

- DO NOT eat nuts, oats, grapes, berries, multigrain bread or any food containing SEEDS

Day before your procedure

- Clear fluids for dinner
- Administer the first FLEET enema in the evening after dinner

Day of your procedure:

- Clear fluids only until arrival to the hospital
- Administer the second FLEET enema 2 HOURS before travelling to the hospital

### CLEAR FLUIDS:

- Water
- apple juice
- clear broth or consommé (no rice, noodles)
- coffee or tea (black – NO milk or cream)
- Gatorade / Kool-Aid/ Popsicles
- Carbonated drinks (Sprite, Ginger ale)

After your procedure:

- You may return to normal diet and activities
- Instructions on re-starting BLOOD THINNERS will be provided after your procedure
- If you have received sedation, do not drive or operate heavy machinery for 24 hours