

GHA SURGICAL CENTRE

PREPARING FOR YOUR FLEXIBLE SIGMOIDOSCOPY APPOINTMENT INFORMATION

A flexible sigmoidoscopy is a diagnostic test ordered by your physician to visualize your sigmoid (lower bowel). It is approximately 12-14 inches in. The sigmoidoscopy procedure is virtually painless. *This* means that sedation is not required and you will be able to drive yourself home after your procedure. Sedation is available upon request, however you cannot drive for 24 hours after your procedure and you must have someone available to drive you home. However, a preparation is required in order for your physician to adequately view your sigmoid (lower bowel).

PREPARATION

1. Please adhere to a liquid diet (cream soups, yogurt, Jell-O, coffee, tea and juices) the day before your appointment and the day of your appointment (if your appointment is in the afternoon). ***If you do wish to have sedation for your procedure, you must not eat anything 6 hours before your procedure, and you must not drink anything 2 hours before your procedure.***
2. At 5:00 or 6:00 pm the evening before your appointment, take (4) Dulcolax.
3. You will need (2) fleet enema in order to clean the rectum and lower colon. If your appointment is BEFORE 12:00 noon take (1) enema the night before and (1) enema in the morning 2hrs before your procedure. If your appointment is AFTER 12:00 noon, take (1) enema when you wake up and (1) enema 2hrs before your procedure.
4. If you wish to receive sedation, you must have someone drive you home, or to accompany you on public transit. You are not allowed to drive for 24 hours after receiving sedation.

APPOINTMENT DATE: _____

TIME: _____

DOCTOR: _____

Location of your Procedure: GHA Surgical Centre

726 Upper James Street, Hamilton, Ontario L9C 2Z9

Telephone: 905-575-5743 info@ghasurgicalcentre.ca

PLEASE REMEMBER

1. Arrive 30 minutes before your appointment time.
2. Bring your Ontario Health Insurance Card and a list of current medications.
3. Bring juice (Gatorade or Powerade) to drink after the procedure.
4. Wear comfortable clothing and flat shoes.
5. **NO** nail polish, hand cream, perfume or oral piercings.
6. If you do not speak English, please bring a family member or friend to translate for you. ****CANCEL OR CHANGE APPOINTMENT**** If you need to cancel or change your appointment date, call the clinic direct at 905-575-5743. We require three (3) business day notice to cancel or change an appointment or you will be charged \$150.