



PATIENT INFORMATION FORM – FLEXIBLE SIGMOIDOSCOPY

DATE OF PROCEDURE: _____

Please arrive 30 minutes before your scheduled appointment time above.

GENERAL PREPARATION INSTRUCTIONS

Dietary Restrictions:

2-3 days prior to the procedure:

- Do **NOT** eat any foods containing nuts, seeds or corn (ie: fruits & vegetables, breads, muffins or anything containing little seeds.)

Please check with your family doctor before stopping any of these medications.

ALL OTHER MEDICATIONS YOU MAY TAKE.

- Aspirin (ASA)
containing medications should be stopped 7 days prior to the procedure
(including ASA 81 mg and Entrophen)
- Coumadin (Warfarin)
should be stopped 5 days prior to the procedure
- Iron Pills
should be stopped 1 week prior to the procedure.
- Ticlopidine (Ticlid), Clopidogrel (Plavix)
should be stopped 3 days prior to the procedure.

****NOTE** IF YOU ARE INSULIN DEPENDANT CONSULT YOUR FAMILY DOCTOR.**

Purchase from your pharmacy

- One package (2 doses) of PICO-SALAX bowel preparation
- Follow the instructions on page 2 of this form and not those on the package insert

PLEASE NOTE: YOU MAY REQUIRE SEDATION DURING YOUR PROCEDURE. IF SO, YOU SHOULD NOT DRIVE FOR TWENTY FOUR (24) HOURS OR OPERATE ANY MOTORIZED EQUIPMENT (IE-LAWN MOWER) AFTERWARDS AND YOU MUST ARRANGE FOR SOMEONE TO ACCOMPANY YOU HOME FROM THE CLINIC.

THE DAY BEFORE THE PROCEDURE

Preparation for flexible sigmoidoscopy is extremely important. The cleanliness of your bowel improves the quality of the procedure and reduces the risks of the procedure.

PREPARATION FOR MORNING FLEXIBLE SIGMOIDOSCOPY

Preparation steps

The day before your procedure

- DO NOT EAT ANY SOLID FOOD DURING THE DAY PRIOR TO YOUR PROCEDURE. Drink only clear fluids, such as water, clear soups, broth, clear juices such as apple or white grape juice, clear tea or coffee (without milk), popsicles, ginger ale, Gatorade, etc. You may eat green yellow or orange Jello. PLEASE AVOID ANYTHING RED IN COLOUR AND ALCOHOLIC BEVERAGES.
- No later than 5:00-6:00 p.m. on the day before your procedure, mix one dose of Pico-Salax with one cup of water. The solution may become warm with mixing. Wait until it cools before drinking it.
- Remain on clear fluids throughout the evening, making sure that you do not become dehydrated. Drink enough liquids to ensure that you urinate at least every three to four hours.
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On the day of your procedure

- Do not eat solid food. Continue the clear fluid diet until after your procedure.

PREPARATION FOR AFTERNOON FLEXIBLE SIGMOIDOSCOPY

Preparation steps

The day of your procedure

- DO NOT EAT ANY SOLID FOOD DURING THE DAY PRIOR TO YOUR PROCEDURE. Drink only clear fluids, such as water, clear soups, broth, clear juices such as apple or white grape juice, clear tea or coffee (without milk), popsicles, ginger ale, Gatorade, etc. You may eat green yellow or orange Jello. PLEASE AVOID ANYTHING RED IN COLOUR AND ALCOHOLIC BEVERAGES.
- No later than 5:00-6:00 a.m. on the day of your procedure, mix one dose of Pico-Salax with one cup of water. The solution may become warm with mixing. Wait until it cools before drinking it.
- Remain on clear fluids throughout the day, making sure that you do not become dehydrated. Drink enough liquids to ensure that you urinate at least every three to four hours.

DIRECTIONS TO OUR CLINIC

We are located at suite 207 267 O'Connor Street, between MacLaren Street to the north and Gilmour Street to the south. If you take the Queensway from the west, exit at Kent Street and proceed north to Somerset Street. Turn right on Somerset and go two traffic lights to O'Connor. Turn right onto O'Connor and proceed one block to the Doctors Building on your left. Coming from the east, exit the Queensway at Metcalfe Street and proceed north on Metcalfe to MacLaren Street. Turn left onto MacLaren and go to O'Connor Street. At O'Connor Street the building is on your left. There is a parking lot immediately adjacent to the building.

AT THE APPOINTMENT

Please arrive 30 minutes before your scheduled appointment time.

PLEASE REFRAIN FROM USING PERFUMES, COLOGNES OR SCENTED SOAPS BEFORE YOUR TEST, AS SOME PATIENTS AND STAFF MEMBERS MAY SUFFER FROM ALLERGIES.

PLEASE NOTE AGAIN: YOU MAY REQUIRE SEDATION DURING YOUR PROCEDURE. IF SO, YOU SHOULD NOT DRIVE FOR TWENTY FOUR (24) HOURS OR OPERATE ANY MOTORIZED EQUIPMENT (IE-LAWN MOWER) AFTERWARDS AND YOU MUST ARRANGE FOR SOMEONE TO ACCOMPANY YOU HOME FROM THE CLINIC.

Please make sure to bring a valid OHIP card with you.

You will be asked to fill out a Medical History and Consent to Treatment form. If you have any questions about the information you are required to provide, please ask our staff.

If you are not comfortable speaking or reading English, you should bring an interpreter with you to the appointment.

Once you arrive and are registered at the Clinic, you should expect to be there for an average of 60–90 minutes. Because of the use of sedation during the procedure, you will not be allowed to drive for 24 hours.

Fees: *please read the following carefully*

Arriving late or the sudden cancellation of your appointment causes inconvenience for other patients and our staff. **If you need to cancel or reschedule your appointment we require 4 business days' notice before the scheduled time of your appointment, or you will be charged a cancellation fee of \$150.00.**

Consultations, colonoscopies, gastroscopies (EGD), and day surgery procedures are OHIP insured services. Please bring a valid OHIP card with you to your appointment. **There is however an additional annual uninsured services fee of \$80.00 (payable to the clinic by cash, cheque, debit card, VISA, or Mastercard) to cover the cost of any additional uninsured services that you may require.** You will be given a receipt for the payment which you may submit to your private health insurer for reimbursement or to file with your income tax return. If this proves to be an issue with you or you have any questions about these services please speak to the staff at the time of booking or at your appointment. You will not be denied the procedure if you don't pay the fee.

AFTER THE PROCEDURE

As soon as the procedure is done you will be taken to the recovery area in the Clinic. Recovery time varies with each patient but typically it ranges from 30 to 60 minutes. Once you are ready you may leave with the person who accompanied you.

You should not go to work for the rest of the day. Do not drive or operate machinery or drink alcoholic beverages for 24 hours following the procedure.

You may resume your regular medications.

Get plenty of rest for the next 24 hours. During that time you may experience some cramping gas or a “full” feeling. These symptoms may be relieved by drinking warm liquids, walking, a warm bath, or trying to pass flatulence (gas).

Although complications are rare, a sigmoidoscopy is a medical procedure that carries with it possible risks and complications including but not limited to pain, bleeding, or perforation. You may notice a small amount of bleeding when you go to the washroom either in the toilet or on the tissue. This is normal after having a colonoscopy. If the bleeding continues or increases after 24 hours, contact your doctor or go to the nearest hospital emergency department.

Revised August 2013