



## Flexible Sigmoidoscopy Instructions

### LOCATION OF PROCEDURE:

BLUEWATER HEALTH ENDOSCOPY UNIT



### PREPARING FOR A FLEXIBLE SIGMOIDOSCOPY

***PLEASE NOTE: Please call the office to confirm your appointment  
ONE WEEK BEFORE or your appointment may get cancelled***

**\*\* If you take aspirin or blood thinners on a regular basis, or if you are diabetic, please contact this office immediately at 519-344-3371 for further instructions.**

For the best and safest possible examination the sigmoid colon must be empty of stool. You need to purchase 2 Sodium Phosphate Enemas (Fleet enema) at any drug store. You do not need a prescription. Ask the pharmacist on how to give yourself an enema. They are to be taken 3 hours and 2 ½ hours prior to your arrival in Endoscopy, on the day of the test. If you have a morning appointment, please do not have anything to eat or drink after midnight the night before. If you have an afternoon appointment, please have a light breakfast before 8:00 am and then nothing to eat or drink but occasional sips of water until the test. If you are diabetic or on blood thinners, please call the office for further instructions. All other medications, such as heart, blood pressure, etc., should be taken normally.

If you receive sedation, you **MUST** have a responsible adult accompany you home after your procedure or your procedure will be cancelled (NO EXCEPTIONS). If you do not have sedation, you may drive home alone.

1<sup>st</sup> ENEMA \_\_\_\_\_

2<sup>nd</sup> ENEMA \_\_\_\_\_