



Rose City Endoscopy

For Health and Peace of Mind

Operated by Dr. V. Khokhotva Medicine Professional Corporation

2109 Ottawa Street, Unit 1060

Windsor, ON, N8Y 1R8

Tel.: 519-254-4154

Fax: 519-254-4158

www.rosecityendoscopy.ca

Patient Instruction Sheet for Flexible Sigmoidoscopy Page 1/2

**PLEASE READ AND FOLLOW THE INSTRUCTIONS VERY CAREFULLY,
OR YOUR PROCEDURE MAY BE CANCELLED.**

Flexible Sigmoidoscopy Date: _____ Time: _____

IF YOU NEED TO RESCHEDULE YOUR FLEXIBLE SIGMOIDOSCOPY:
PLEASE NOTIFY OUR OFFICE (519) 254-4154 AT LEAST 5 BUSINESS DAYS
BEFORE PROCEDURE DATE.

Endoscopy resources are extremely limited and wait lists are long.

ON THE DAY OF THE PROCEDURE:

- If your procedure is scheduled **at Rose City Endoscopy**: ARRIVE AT ROSE CITY ENDOSCOPY 30 MINUTES BEFORE YOUR PROCEDURE TIME AND REGISTER AT THE RECEPTION DESK.
- If your procedure is scheduled **at Windsor Regional Hospital**: ARRIVE AT WINDSOR REGIONAL HOSPITAL, METROPOLITAN CAMPUS, 1 HOUR PRIOR TO YOUR PROCEDURE. REGISTER YOURSELF FIRST AT THE ADMITTING DEPARTMENT.

DISCHARGE/PICK-UP TIME is approximately 2 hours after admission time. You will not be able to drive yourself home. Please make arrangements to have an adult pick you up. **If there is no acceptable adult who can pick you up, you will not be given sedation on that day.**

MEDICATIONS:

Please make sure that you take all of your scheduled morning medications on the day of the procedure except for:

- Brilinta (or Ticagrelor) – Stop 7 days prior to procedure.
- Coumadin (or Warfarin) – Stop 5 days prior to procedure.
- Pradaxa (or Dabigatran) – Stop 3 days prior to procedure.
- Xarelto (or Rivaroxaban) – Stop 2 days prior to procedure.
- Eliquis (or Apixaban) – Stop 2 days prior to procedure.
- Diabetic medications – Stop on the day of procedure. Check your blood sugar regularly.



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BOWEL PREPARATION INSTRUCTIONS:

Follow these instructions exactly or your procedure may be cancelled or need to be repeated. You will need to purchase: **2 packages of Fleet enema** in a pharmacy. You do not need a prescription. This is an over-the-counter-medication.

ON THE DAY OF THE PROCEDURE:

Do not eat anything on the day of the appointment. You may have clear fluids until 2 hours before your procedure. Clear liquids include Gatorade, juices, black tea, black coffee, broth (beef or chicken), jello, popsicles, soft drinks, and water. **NO MILK, NO ORANGE JUICE, NO RED LIQUIDS.** **Stop taking anything by mouth 2 hours before the time of your appointment.**

- Self-administer the first Fleet enema 3 hours before leaving for your procedure.
- Self-administer the second enema 1 hour before leaving for your procedure.

AFTER YOUR PROCEDURE:

You will not be allowed to drive home after the procedure and you may not take a taxi home alone. You will be unable to operate any motor vehicle or any equipment for 24 hours following your procedure. Likewise, do not engage in activities requiring alertness (such as cycling, using power tools, etc.) or make important decisions for 24 hours after having sedation.

For more information about this procedure or our clinic, please go to our website, rosecityendoscopy.ca

FEEES

In order to avoid a cancellation fee¹, please contact us at least 5 business days before your procedure if you need to cancel.

Procedures such as colonoscopy, gastroscopy, and flexible sigmoidoscopy are covered by OHIP. Please bring a valid OHIP card with you.

updated 23jan2025

1. Fees are charged under authority of Ontario Regulation 856/93, as amended (made under the *Medicine Act, 1991*), s. 1(1)20.