

Please report to the front desk_registration at
Elk Valley Hospital
1501 5th Ave, Fernie, Hospital Phone: (250) 423-4453
Please bring picture I.D. with you.

**INSTRUCTIONS FOR JOINT
SIGMOIDOSCOPY & GASTROSCOPY**

Date: _____ **Procedure Time:** _____

Please arrive 30 minutes prior to your procedure time above.

1. Purchase a **Fleet enema** at the drugstore.
2. Give yourself the Fleet enema **one hour** before coming to the hospital.
3. **HAVE NOTHING TO EAT OR DRINK FROM MIDNIGHT** the night prior to your appointment.
4. Take any oral medications with a sip of water. Hold diabetic medications the morning of your procedure-please bring medications with you to the hospital.

Coumadin/aspirin/Plavix/Pradex – If you take any of these medications, please contact
Dr. Chalmers-Nixon two weeks prior to your appointment

5. **Driver is required for this exam**, as you will not be permitted to drive your car. You will be at the hospital for approximately 2 – 4 hours.

Please call Dr. Chalmers-Nixon's office at 250-423-8959 2 weeks prior to confirm.

Please call as soon as possible if you are unable to keep this appointment.