

Please report to the front desk registration at:

Elk Valley Hospital  
1501 5<sup>th</sup> Ave, Fernie (250) 423-4453  
Please bring picture I.D. with you.

### INSTRUCTIONS FOR SIGMOIDOSCOPY

**Date:** \_\_\_\_\_ **@** \_\_\_\_\_ Please arrive 30 minutes prior to this time

1. Purchase a **Fleet enema** at the drugstore.
2. Give yourself the Fleet enema **one hour** before coming to the hospital.
3. A **\*clear liquid\* breakfast** is allowed - Water, Ginger Ale, Clear fruit juice (apple, grape, cranberry), bouillon, plain jello. **No solid foods, milk or milk products.**
4. Take any oral medications with a sip of clear liquids.

**If you are a diabetic, please bring your diabetic medications with you to the hospital.**

Please call Dr. Chalmers-Nixon's office at 250-423-8959 two weeks prior to confirm.  
Or email confirmation to: [booking@ferniegastro.ca](mailto:booking@ferniegastro.ca)