

Mykola Khokhotva MD, FRCSC General Surgeon

Lennox & Addington County General Hospital, 8 Richmond Park Dr, Napanee Ontario

Office telephone: 613-354-8240 Website: napaneesurgery.ca

FLEXIBLE SIGMOIDOSCOPY INSTRUCTIONS

Your sigmoidoscopy is scheduled on _____ . Procedure time is not yet set.

Four business days before your colonoscopy you will get a phone call to notify you of the time to arrive at the hospital. If you do not receive this call, please call 613-354-3301 ext 231 before 3pm.

Come to the front entrance of the hospital. The screener will give you further instructions.

Expect to spend 1.5-3.5 hours at the hospital on the day of the procedure. The person accompanying you should remain within 15 minutes from the hospital. Hospital parking is free.

IF YOU NEED TO RESCHEDULE YOUR PROCEDURE - PLEASE NOTIFY OUR OFFICE AT LEAST 10 BUSINESS DAYS BEFORE PROCEDURE DATE: (613) 354-8240

REPARATION INSTRUCTIONS

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

IF YOUR SIGMOIDOSCOPY IS IN THE MORNING, do not eat or drink anything on the day of the procedure.

IF YOUR SIGMOIDOSCOPY IS IN THE AFTERNOON, you may not have any solid food or dairy, but you may drink clear liquids until TWO (2) hours before your arrival time. 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.** Do not take anything by mouth starting 2 hours before the time of your scheduled hospital arrival time.

TAKE ALL OF YOUR REGULARLY SCHEDULED MORNING MEDICATIONS ON THE DAY OF THE PROCEDURE (Unless specifically instructed otherwise), except for:

- ☐ Aspirin (ASA) - continue Aspirin; it does not need to be stopped
- ☐ Diabetes medications – do not take on the procedure day; check blood sugar regularly
- ☐ Plavix(Clopidogrel) – Stop 7 days before the procedure
- ☐ Brilinta (Ticagrelor) – Stop 7 days before the procedure
- ☐ Coumadin (Warfarin) – Stop 5 days before to the procedure
- ☐ Pradaxa (Dabigatran) – Stop 2 days before the procedure
- ☐ Xarelto (Rivaroxaban) – Stop 2 days before the procedure
- ☐ Eliquis (Apixaban) – Stop 2 days before the procedure
- ☐ Lixiana (Edoxaban) - Stop 2 days before the procedure
- ☐ Iron – Stop 7 days before the procedure

TURN OVER FOR PAGE 2 OF THE INSTRUCTIONS

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AFTER THE PROCEDURE

- You will be monitored in the recovery area until discharge.
- You may continue to feel sleepy and should plan to rest for the remainder of the day.
- You may have cramps as you pass the gas used during the procedure.
- **You must not drive for 24 hours after the procedure due to the effects of sedation.** Do not engage in activities that require alertness (such as cycling, using power tools, etc.) or make important decisions for 24 hours after sedation.
- An adult **MUST REMAIN CLOSE TO THE HOSPITAL UNTIL YOU ARE READY FOR DISCHARGE** and must accompany you home in a car or taxi, stay with you, and check on your condition frequently for at least 12 hours to help you if there are post-procedure problems. They must pick you up at the hospital entrance.

POSSIBLE COMPLICATIONS

- The instrument may puncture a hole through the stomach wall, which typically needs to be repaired by surgery. The risk of perforation is approximately 1 in 1000.
- Bleeding can occur from the site of biopsy or polyp removal. The risk is approximately 1 in 500. This usually stops, but may require additional intervention or therapy.
- The stress of the procedure and sedation medications may rarely produce irregular heart rhythms or other types of heart or breathing complications requiring treatment.
- You may notice a tender lump or bruise at the intravenous site, which will resolve within a few days.
- If you notice severe pain, fever, or significant bleeding after your procedure, you must urgently return to the closest Emergency Department.

If you have questions about these instructions, you may call our office at (613) 354-8240.