

## **SIGMOIDOSCOPY**

You have been booked for a gastroscopy appointment for \_\_\_\_\_

**Report to the ENDOSCOPY UNIT (6<sup>th</sup> floor) 1 hour prior TO CHECK IN.**

### **TWO WEEKS PRIOR – CONFIRM your appointment**

- You should receive an appointment reminder about 2 weeks prior. If you need to cancel and reschedule, email [HuangIBDclinic@sinaihealthsystem.ca](mailto:HuangIBDclinic@sinaihealthsystem.ca) or call 416-586-4800 ext 2475.

**Medications:** Notify **Dr. V. Huang** you are on these meds when booking the endoscopy:

- Aspirin**
- Blood thinners** \_\_\_\_\_
- Insulin or pills for diabetes** \_\_\_\_\_

### **ONE WEEK PRIOR – PREPARE for sigmoidoscopy**

- If you need to cancel your appointment, please call the office **at least 7 days in advance**
- Arrange for a responsible adult to take you home after your procedure.

### **THE DAY BEFORE**

- NOTHING to eat or drink after midnight**

### **DAY OF THE SIGMOIDOSCOPY PROCEDURE**

- On the day of the examination, have nothing to eat or drink for at least 4 hours prior to the sigmoidoscopy. You may take your regular medications with sips of water.
- 4 hrs before your appointment time, insert 1 bottle of Fleet enema into rectum, and clean out the stool in the rectum.**
- If you are having sedation for the procedure**
  - ensure you have a responsible adult to pick you up**
  - if you do not, your procedure may be cancelled or done without sedation.**

☐ **Check List for What to Bring**

- ☐ Health Card
- ☐ Photo Identification
- ☐ Bring all your medications (including insulin) with you or a Medication List.
- ☐ Bring a garment bag with you for your clothing.
- ☐ Do NOT bring valuables, jewelry, or large sums of money.

**AFTER THE SIGMOIDOSCOPY PROCEDURE**

- During the procedure, you may be given a mild sedative by the intravenous route.
  - The total recovery time required in the hospital following the procedure is about 1 to 2 hours.
- Aside from drowsiness, you should feel normal when you leave the hospital.
  - However, you should not drive or operate any heavy machinery until the following day.
  - You should be able to resume eating light meals later in the day and return to normal activities the next day.
- Should you develop abdominal pain or unusual bleeding from the rectum
  - email [HuangIBDclinic@sinaihealthsystem.ca](mailto:HuangIBDclinic@sinaihealthsystem.ca) or call 416-586-4800 ext 2475
- If the symptoms are severe and you cannot get through to the doctor's office
  - please go to the closest emergency department.
- Biopsies take 10 to 14 days for results.
  - If you do not hear from us, and wish to have results, please contact us