

**Renfrew Victoria Hospital Surgical Program
499 Raglan Street North, Renfrew
613-432-7201**

SIGMOIDOSCOPY INSTRUCTIONS

Sigmoidoscopy Date: _____ **Arrival Time:** _____

At least one week before go to the pharmacy and buy **TWO (2) FLEET ENEMAS**. No prescription is needed.

ENEMA INSTRUCTIONS:

ONE DAY BEFORE: You may have a normal diet.

MIDNIGHT: **DO NOT** eat or drink anything after midnight.

DAY OF TEST:

- a) **DO NOT** eat/drink anything. No candy or gum.
- b) Use the first fleet enema 2 hours before coming to the hospital.
- c) Use the second fleet enema 30 minutes before coming to the hospital.
- d) Take your usual morning blood pressure or heart pills.
- e) If you are diabetic **DO NOT** take your diabetes pills.
- f) If you use insulin you should take **HALF** of the regular dose.
- g) Bring your medications to the hospital with you.
- h) Do not wear any scented products (perfumes or aftershave).

IMPORTANT

- Remind your doctor if you have a heart valve problem or valve replacement.
- Stop iron tablets **7 DAYS** before sigmoidoscopy.
- Stop aspirin or Aspirin-containing drugs **7 DAYS** before sigmoidoscopy.
- Stop Warfarin/Coumadin **5 DAYS** before sigmoidoscopy.
- Stop Ticlopidine/Ticlid, Plavix **5 DAYS** before sigmoidoscopy.
- Stop Eliquis, Pradaxa, and Xaralto **2 DAYS (48 HOURS)** before sigmoidoscopy.
- If you are on other blood thinners not listed above please let your doctor know.

****Please call the office or the hospital if you have any questions****

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AFTER THE SIGMOIDOSCOPY

- The sigmoidoscopy takes about 10 minutes.
- If you receive sedations you will probably feel sleepy and need to rest for the remainder of the day.
- Your blood pressure and pulse will be taken before you leave.
- Before you leave the results will be explained to you by a nurse or doctor.
- You may have mild “gas cramps” after the test, this is normal. If you have fevers, chills, sweats, severe abdominal pain, or have bloody bowel movements please contact your doctor or come to the Emergency Room.
- If you get sedations for the procedure it is ***ILLEGAL*** to drive for 24 hours afterwards. Your driver **MUST** come to the Daycare Unit to drop you off and pick you up. Ask your nurse if you are not sure if you got sedation.

POSSIBLE COMPLICATIONS

- The instrument may puncture a hole in the bowel wall, which might have to be repaired by surgery. The risk of puncture is less than 1 in 1000 (<0.1%).
- Bleeding could occur from the site of biopsy or polyp removal. This usually stops by itself, but on rare occasions may require surgery. Risk of bleeding needing hospital admission is 1 in 100 (1%).
- You will be monitored carefully during the procedure. The procedure or drugs used for sedation may rarely cause breathing or heart problems.
- There may be irritation of the vein used for the I.V. (intravenous). You may notice burning or a tender lump, which should disappear in a few days.
- There is a small chance of missed polyps or cancer. This risk is 3% or less.

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