



Flexible Sigmoidoscopy Instructions

Name of Patient: _____

Your Flexible Sigmoidoscopy has been scheduled for _____ at
Advance Endoscopy & Specialist Center located at

- Suite 303, 2227 South Millway, Mississauga ON L5L 3R6**
- Suite 206, 688 Coxwell Avenue, Toronto, ON M4C 3B7**
- Suite 3100, 222 King Street East, Bowmanville, ON L1C 1P6**

Please arrive 30 min prior to your scheduled appointment IF requesting sedation.

****Please note that we require a 3-business-day notice in order to cancel or reschedule an appointment. A \$100 fee will be applied for last minute cancellations and NO SHOWS.****

Preparation for Flexible Sigmoidoscopy

Please purchase 2 Fleet Enemas at your local drugstore.

THE DAY BEFORE YOUR APPOINTMENT

- Have a light dinner by 4 pm.
- Starting at 4:00 pm and until the procedure is over, you must remain on a clear fluid diet. No Solid Food. You may have clear fluids such as water, apple juice, Gatorade, clear soups and consommé.

THE DAY OF YOUR APPOINTMENT

- **STOP TAKING ANY FLUIDS 3 HOURS BEFORE YOUR APPOINTMENT. DO NOT CHEW GUM EITHER.**
- Two hours before you leave home, use the 2 **Fleet Enemas**. Insert the first enema into the rectum and squeeze all of it in. Hold it in for 5 to 10 minutes and use the toilet to empty fully. After you have emptied out the first enema, use the second enema in the same way.
- **DO NOT** consume recreational cannabis, alcohol, or any other recreational drugs 24 hours before the procedure.
- Please leave all your jewelry and valuables at home, Advance Endoscopy is not liable for any loss or damage to the same. Please bring your health card.
- If taking sedation, you will not be able to drive after the procedure. **You must** have a responsible adult pick you up or if you choose to go by taxi or public transit, you must be accompanied. Your procedure will be cancelled if you do not have appropriate transit.