



Flexible Sigmoidoscopy Instructions

Name of Patient: _____ DOB: _____

Your Flexible Sigmoidoscopy has been scheduled on _____ at _____

at Advance Endoscopy & Specialist Center located at

- ☐ 2227 South Millway, Suite 303, Mississauga, ON. L5L 3R6
- ☐ 688 Coxwell Avenue, Suite 206, Toronto, ON. M4C 3B7
- ☐ 222 King Street East, Suite 3100, Bowmanville, ON. L1C 1P6
- ☐ 786 Blackburn Mews, Kingston, ON. K7P 2N7

Please arrive 30 min. prior to your scheduled appointment.

****Please note that we require a 3-business-day notice in order to cancel or reschedule an appointment. A \$150 fee will be applied for last minute cancellations and/or 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.

Page: 1/2



- 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.

- You will **NOT** be able to drive after the procedure as you will be given sedation for a comfortable procedure. You **MUST** have a responsible adult to escort you home 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 an appropriate arrangement.