

## Preparation for Out-Patient – Sigmoidoscopy / Anoscopy

### INSTRUCTIONS (PLEASE READ VERY CAREFULLY):

Please refer to the “notification of endoscopy appointment letter” for your appointment date & time and any special instructions.

#### General Instructions

Avoid seeds, nuts, popcorn for five days prior to test

Do not take Iron pills for 7 days before the test

Remember that “blood thinners” or anti-inflammatory medications may need to be stopped. If you take more than 81mg of Aspirin daily or other anti-inflammatories, Warfarin (Coumadin), Aggrenox, or Plavix, you should know that these medications may need to be stopped a specific period of time before your test. Sometimes it is safer to continue these medications. Dr. Javenport has advised that you:

Do you have **DIABETES?**

- If so and you take pills (oral hypoglycemic agents) to control your blood sugar, **DO NOT take these the morning of the test.** You can resume them after your endoscopy with your first meal.

- If you take intermediate or long acting insulin at night or in the morning, take only ½ the number of units you normally would. **Do not take immediate or short-acting insulin on the morning of day of the test.** This will be resumed after the test with the first meal.

Take your other usual medications as you normally would with sips of clear fluids.

Please **bring your health card.** Do not bring a significant amount of money, jewelry, etc. A parent must accompany you if you have not attained the age of 16 years.

**You must confirm** your appointment 1 week prior to the date of your procedure or your appointment will be cancelled. Confirmed appointments that are not kept will be billed \$100.00.

#### Bowel Preparation Instructions

\*\*For this prep, you will require **TWO FLEET** (sodium phosphate) **ENEMAS** which can be purchased at most drug stores. **Bring this sheet and ask your pharmacist for assistance.** Buy them early enough so you will have them ready when needed.

#### THE DAY OF YOUR TEST.

You may eat a normal diet.

Take your usual medications unless you are on “blood thinners” (anticoagulants) which may need to be held. See General Instructions opposite.

One hour prior to coming to your appointment, you will need to give yourself two Fleet Enemas.

In the bathroom:

- Remove cap from container
- Insert the tip of container into your rectum
- Squeeze entire contents of container slowly into your rectum
- Sit on the toilet, holding contents in for as long as you can or up to 5 minutes before releasing
- Wait 10 minutes and repeat

If you live more than 2 hours away, you will need to give yourself a third enema upon arrival (this will be provided for you to use).

Sedation is not usually required for this test. If you wish to receive sedative medications, arrange a companion and a ride to and from the hospital for the day of your test (you will be legally impaired to drive after the sedation for 24 hours).