

Sigmoidoscopy Preparation

Seven (7) days before your sigmoidoscopy preparation

Call the doctor's office if you are taking any of the following blood-thinning medications:

Apixaban (Eliquis®)	Clopidogrel (Plavix®)
Rivaroxaban (Xarelto®)	Ticagrelor (Brilinta®)
Edoxaban (Lixiana®)	Prasugrel (Effient®)
Dabigatran (Pradaxa®)	Warfarin

- **Stop taking:** iron tablets and vitamins. Continue all other medications unless told otherwise.
- **Stop eating:** nuts and seeds, e.g., flax, sesame and chia seeds, berries and popcorn.

If you have diabetes: try to maintain your regular caloric intake in liquid form. Test your blood sugar several times throughout the day including before bedtime. Contact the physician doing the procedure for direction if you have any questions about your diet or the medication you take for diabetes.

Make plans to take time off work: You should plan to be off work the day of your sigmoidoscopy preparation. Most people return to work the day after their sigmoidoscopy.

Make transportation arrangements: You will need a trusted person to take you home after the sigmoidoscopy procedure.

If you need clarification about your sigmoidoscopy preparation, please contact the physician doing the procedure for direction.

If you have an emergency the day of the sigmoidoscopy, you must call the Endoscopy Unit where your procedure is scheduled:

- QEH Endoscopy Unit Tel: 902-894-0055
- PCH Endoscopy Unit Tel: 902-432-2541

Day before your appointment

You must consume liquids the day before your test (NO SOLID FOOD).

Day of your appointment

You must give yourself a Fleet Enema one hour before leaving home the day of your appointment or follow the individual instructions given by the specialist doing your test.

What to expect after you give yourself the fleet Enema?

- A fleet enema works very fast.
- Remain close to a toilet. You will have frequent diarrhea-type bowel movements
- Cramping can occur and is considered normal.

REMINDER:

- You will need to stay at the hospital for 15 to 30 minutes following the sigmoidoscopy procedure. You may drive yourself to and from this appointment. If you require sedation, then the next section will apply to you.
 - If you received **sedation medication** for the sigmoidoscopy procedure, you are considered impaired for up to 24 hours after the test:
 - You should not sign any legal documents.
 - You will not be able to drive yourself home. You will need a trusted person to meet you at the Endoscopy Unit. If you do not have a driver your test will be cancelled. A taxi is acceptable only if a trusted individual is accompanying you.
 - You should not drink alcohol or take sleeping pills or anti-anxiety medications.
 - You should not be responsible for another person's care, e.g., a baby, young child, or person in poor health.
- If you take blood-thinning medication, discuss when to restart these medications after your sigmoidoscopy with the doctor. Resume all other medications as usual unless told otherwise.

Hospital Appointment and Arrival Information

Hospital Arrival

You must arrive and register in the Admitting Department **60 to 90 minutes** before your scheduled sigmoidoscopy procedure. If your appointment is at 8:00 AM, please arrive and register at 7:00 AM.

The sigmoidoscopy procedure will take 10 to 20 minutes to perform, and you need to stay 30 minutes to 1 hour after it is over. Plan to be at the hospital for 2 to 3 hours from start to finish.

Hospital Checklist

- Bring a list of current medications
- Bring a translator if you do not understand or speak English
- Bring a support person if you require assistance
- Bring your PEI Health Card or proof of substitute medical insurance plan
- **Do not** wear any jewelry, e.g., rings, watches, earrings, bracelets, or necklaces
- **Do not** bring any valuables

Sigmoidoscopy Preparation Instructions

Day before your appointment:

- You must consume liquids the day before your test (**NO SOLID FOOD**).

One (1) hour before leaving home the day of your appointment:

- Give yourself a fleet enema.