

PRINCE GEORGE GENERAL SURGERY

SIGMOIDOSCOPY PREPARATION

Please read these instructions thoroughly and follow all directions carefully.

LOCATION: Ambulatory Care, 1st Floor, University Hospital Northern British Columbia

HOME MEDICATIONS:

- Aspirin and Plavix/Clopidogrel: stop taking 7 days before the scope
- Warfarin: stop taking 5 days before the scope
- Apixaban/Dabigatran/Rivaroxaban: stop taking 3 days before the scope
- Diabetes medications: do not take on the day of the scope, bring them with you

YOU MUST PURCHASE: FLEET ENEMA 2 packages and DULCOLAX 10 mg

ONE (1) DAY BEFORE THE COLONOSCOPY: Eat a normal diet

- At 5 PM take DULCOLAX 10 mg by mouth

THE DAY OF THE SIGMOIDOSCOPY:

- MORNING APPOINTMENT
 - Do not eat anything after midnight on the night before the scope
 - At 4 AM take your morning medications with a small sip of clear fluid
 - Do not drink anything after 4 AM
 - At 4 AM give yourself 1 FLEET ENEMA
 - At 6 AM give yourself 1 FLEET ENEMA
- AFTERNOON APPOINTMENT
 - You may eat a light breakfast before 4 AM
 - Do not eat anything after 4 AM
 - Take your morning medications with a small sip of clear fluid before 8 AM
 - Do not drink anything after 8 AM
 - At 8 AM give yourself 1 FLEET ENEMA
 - At 10 AM give yourself 1 FLEET ENEMA

SEDATION: You will be offered a conscious sedation only if you have arranged a safe ride home afterwards (you will not be offered sedation if you go home by taxi/bus).

NO-SHOWS: A \$75 fee will be charged to those who do not follow their preparation instructions and cannot have a scope, to those who cancel less than 2 business days in advance, and to those who do not show-up for the procedure at all.

IF YOU HAVE ANY QUESTIONS PLEASE CALL OUR OFFICE AT 250-645-4728
