



Sigmoidoscopy: FLEET Enema Kit Preparation Instructions

What is a sigmoidoscopy?

A sigmoidoscopy is a procedure that allows a doctor to see inside your sigmoid colon for any abnormalities. The endoscope is a long flexible tube with a light and a camera on the end. This is manipulated through your sigmoid colon to allow a surgeon or gastroenterologist to inspect the inside of your bowel. For your procedure, you will be given medication that will relax you and may make you sleepy. Samples of tissue may be taken during your procedure and/or polyps may be removed.

What do I need to know about my appointment?

****It is very important to follow the directions below or your appointment may be cancelled****

- Bring your health card, a mask and a list of your current medications to the hospital with you.
- You must have a friend or family member drive you to and from the hospital the day of your colonoscopy
- You will be asked to give the name and telephone number of the person driving you home from the endoscopy clinic. This is for your safety.
- Do not drive, operate hazardous machinery or drink alcohol for 24 hours after your procedure as you will be receiving medications that can make you sleepy.
- **DO NOT WEAR PURFUME, COLOGNE OR SCENTED CREAMS** as some staff and patients are highly allergic
- Leave all of your valuables (jewelry, money, etc.) at home
- Wear comfortable clothing and shoes to your appointment
- Bring a list of all the medication you are currently taking, both prescription and over the counter
- Arrive 60 minutes prior to your appointment
- You will be at the hospital for 2-2.5 hours from the time you arrive. After your procedure you will go to a recovery area where you will be monitored to ensure the sedation wears off safely.

How do I get ready for my sigmoidoscopy?

It is important to tell your doctor about any blood thinners, iron supplements or diabetic medications you are taking as your doctor may have you stop or change the dose of these prior to your sigmoidoscopy.

Items to be purchased and picked up at the pharmacy: **FLEET Enema Kit X2**

Preparation Instructions:

- Start a clear fluid diet at 6pm the night prior to your scope
- 4 hours before your scope take the first enema
- 2 hours before your scope take the second enema and stop all clear fluids