

## Sigmoidoscopy Preparation

**Call the doctor's office if you are taking any of the following medications:**

- Iron tablets
- Blood-thinning (anticoagulant) herbs or medicines including:

Aggrenox	Heparin
Apixaban (Eliquis)	Plavix (Clopidogrel)
Cangrelor (Kengreal)	Pradaxa (Dabigatran)
Cilostazol (Pletal)	Prasugrel (Effient)
Coumadin (Warfarin)	Rivaroxaban (Xarelto)
Dalteparin (Fragmin)	Ticagrelor (Brilinta)
Edoxaban (Savaysa)	Ticlid (Ticlopidine)
Enoxaparin (Lovenox)	Vorapaxar
Fondaparinux (Arixtra)	
- Diabetes Medications
- Chemotherapy Medications

### 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 minutes to 30 minutes following the sigmoidoscopy.
- You may drive yourself to and from this appointment. If you require sedation, then the following section will apply to you.
  - If you received sedation medication for the sigmoidoscopy, you might be **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 to pick you up from the hospital. If you do not have a driver your test may be canceled. A taxi is not acceptable if traveling alone.
  - 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.
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- You can begin drinking full fluids and advance to a regular diet as tolerated.
  - If you take blood-thinning medication, discuss when to restart these medications with the doctor. Resume all other medications as usual unless told otherwise.

## Sigmoidoscopy Preparation Instructions

**Please note:**

- Take your regular medications with a sip of water **except** for blood thinners and diabetic medications (you should have specific instructions for these medications). Call the physician who is doing your procedure for direction.

**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.

## Patient Appointment and Hospital Information

**Hospital Arrival:** You must arrive and register in the **Admitting Department 60-90 minutes before** your scheduled sigmoidoscopy. If your appointment is at **8:00 A.M.** you must arrive and register in the **Admitting Department at 7:00 A.M.** The sigmoidoscopy will take 15-20 minutes to perform, and you need to stay 15 minutes to 30 minutes after it is over. Plan to be at the hospital for **1.5 to 3 hours** from start to finish.

**Hospital Checklist:**

- Bring a list of current medications.
- Bring your most recent glucose reading if you have diabetes.
- Bring a translator if you do not understand or speak English.
- Bring your PEI Health Card or proof of substitute medical insurance plan. If you do not have these, bring another form of personal ID.
- **Do not** wear any jewelry, e.g. rings, watches, earrings, bracelets, or necklaces.
- **Do not** bring any valuables.