Dr. Grace W. Ma, MSc, MD, FRCSC, FACS

Dr. Caitlin Cahill, MSc, MD, FRCSC

Dr. Steven Gu, PhD, MD, FRCSC

Health Sciences North
ENDOSCOPY / MINOR PROCEDURES UNIT
41 Ramsey Lake Road
Sudbury, ON
P3E 5J1

Phone: (705) 586-0060
Email: bookings@neorcs.ca
Website: www.neorcs.ca

SIGMOIDOSCOPY PREPARATION INSTRUCTIONS

Refer to this instruction sheet for the <u>entire week</u> before your sigmoidoscopy.

Sigmoidoscopy preparation instructions are extremely important for a successful sigmoidoscopy. If you do not follow the instructions precisely, your bowels may not be ready for the procedure, and you will need to repeat the procedure.

Planning For Your Sigmoidoscopy

Please read as soon as you receive this information and check off each box to indicate that you understand each item.

- ❑ **You must do a bowel prep.**
  - Pick up 2(two) Fleet® enemas at any pharmacy.
  - Administer the enemas on the morning of the procedure.
- ❑ **<u>Sedation is not usually administered for sigmoidoscopy therefore you can drive yourself to the appointment</u>. You must have a driver who can drop you off and pick you up, <u>only if you receive sedation.</u>**
  - Your entire visit may take 3 to 4 hours. Tell your driver that they must remain available by telephone during your entire visit and be within 20 minutes of the hospital building.
  - If you receive sedation, ensure someone is available to stay with you for the rest of the day while you recover.
  - Leave all jewelry and personal items at home. If you bring jewelry to your appointment, we may have to ask you to remove it.
  - Do not wear contact lenses.
- ❑ If you take any blood thinners:
  - See table on page 4
- ❑ If you are diabetic:
  - Read through the instructions for information on how to manage your diabetes medications.
- ❑ Arrive one hour prior to your appointment and register at ACU-2
- ❑ Bring a list of your medications with you, including over-the-counter medications.
- ❑ If you need to reschedule, call (705) 586 - 0060 or email bookings@neorcs.ca at least 10 days prior to your procedure.

PLEASE NOTE: Cancellations or changes in appointment date within 10 days will result in a $150.00 cancellation fee. Cancellations prior to 10 days can be accepted via phone call or an email to the office at bookings@neorcs.ca

What supplies do I need to prepare in advance?

Obtain the following supplies at your local pharmacy:

- Purchase two sodium phosphate enemas at your local pharmacy. You will not need a prescription. One common brand is Fleet®. Be sure to use an enema product **(administered through your rectum),** not an oral or liquid laxative.

Timeline of the sigmoidoscopy Preparation

How will I determine my Sigmoidoscopy prep schedule?

The timeline table below will help you determine which day of the week to start your preparation. Use a highlighter or circle the correct row to determine which day you will start the prep. The prep process will begin at the start of the day.

If you reschedule your appointment, you must redo the timeline table to match your new date.

My appointment is on: _____ **at:** _____
(Date) *(Time)*

LOCATION:
Health Sciences North - ENDOSCOPY UNIT
41 Ramsey Lake Road
Sudbury, ON
P3E 5J1

Please register one hour prior to your appointment at ACU-2.

TIMELINE TABLE

MY APPOINTMENT IS ON A:	5 DAYS BEFORE MY APPOINTMENT IS A:	3 DAYS BEFORE MY APPOINTMENT IS A:
Monday	Wednesday	Friday
Tuesday	Thursday	Saturday
Wednesday	Friday	Sunday
Thursday	Saturday	Monday
Friday	Sunday	Tuesday

5 DAYS BEFORE YOUR SIGMOIDOSCOPY

DAY: _____

- Stop taking any iron supplements, such as ferrous sulfate or polysaccharide iron complex.

DAY: _____

3 DAYS BEFORE YOUR SIGMOIDOSCOPY

- Stop taking fibre supplements, such as Fybogel®, Prodiem®, Metamucil®, etc.
- Stop eating popcorn, corn, beans, nuts, fruits with small seeds, tomatoes, and celery; don't eat any high fibre foods, such as bran, flax seeds, lentils, raw vegetables, brown bread, brown rice, etc.

THE DAY OF YOUR SIGMOIDOSCOPY

DAY: _____

- Stop eating all solid foods **8 hours before** your procedure. Clear liquids are acceptable to drink **(see table on page 4).**
- Take your morning medications at the usual time with a small amount of water EXCEPT medication for diabetes (DO NOT take these until after the procedure).
- If you feel lightheaded or hypoglycemic, you may have a sugar tablet.

2 HOURS BEFORE YOUR SIGMOIDOSCOPY

- Stop everything by mouth, including all liquids.

2 - 3 HOURS BEFORE YOUR SIGMOIDOSCOPY

- **Administer the two enemas. Follow these directions:**

1. Lie on your left side.
2. Remove the cap from the tip of the enema bottle.
3. Insert the tip of the enema bottle gently into your rectum, about four inches.
4. Slowly squeeze the entire contents of the bottle into your rectum.
5. Hold the fluid inside you for about **15 minutes**, if possible.
6. Sit on the toilet and expel the fluid.
7. Immediately repeat steps 1-6 for the second enema.

IMPORTANT!

For 24h after the procedure:

- Do not drive
- Do not consume any alcohol, sedatives, or recreational drugs
- Do not make any legal decisions

Go to the emergency department if you have:

- Severe abdominal pain
- Large volume rectal bleeding (red or black; ½ cup or more)
- Fever

YES You may drink these clear liquids:	NO Do not drink these liquids:
• Gatorade® or Powerade® • Crystal Light Lemonade® • Pedialyte® • Coffee or tea (black only) • Carbonated or non-carbonated soft drinks • Kool-Aid® or other fruit-flavored drinks • Apple juice, **white** cranberry juice or **white** grape juice • Jello (gelatin) or popsicles • Broth	• Alcohol • Milk or non-dairy creamer • Juice with pulp • Any liquid you cannot see through • Hard candy • Anything Red or Purple

	BLOOD THINNERS	OTHERS
TO BE STOPPED ONE WEEK BEFORE PROCEDURE		• Ozempic
TO BE STOPPED 5 DAYS BEFORE PROCEDURE	• Coumadin (Warfarin) • Ticlid (Ticlopidine) • Aggrenox • Plavix (Clopidogrel) • Brilinta (Ticagrelor) • Effient (Prasugrel)	• Iron pills • Imodium • Codeine • Lomotil
TO BE STOPPED 2 DAYS BEFORE PROCEDURE	• Pradaxa (Dabigatran) • Eliquis (Apixaban) • Xarelto (Rivaroxaban)	

WHAT ARE THE BENEFITS, RISKS AND ALTERNATIVES FOR A SIGMOIDOSCOPY?

Before starting the procedure, a member of our team will ask you to sign an informed consent indicating that you understand the procedure, its benefits and risks, and the alternatives of a sigmoidoscopy. Read this handout to understand your informed consent.

What is the purpose of a flexible sigmoidoscopy?

Flexible sigmoidoscopy is a procedure in which a doctor inserts a thin tube into the anus to look inside your rectum and lower colon. The lower colon is also called the sigmoid colon and descending colon. Flexible sigmoidoscopy can show irritated or swollen tissue, ulcers, polyps, and cancer.

What are the benefits of a flexible sigmoidoscopy?

A flexible sigmoidoscopy can help a doctor find the cause of symptoms, such as bleeding, pain, or changes in bowel habits. Doctors also use flexible sigmoidoscopy as a screening tool for colon polyps and colon and rectal cancer. If a polyp is found during the procedure, you may have to have a subsequent colonoscopy to have it removed.

What are the risks of a flexible sigmoidoscopy?

Serious complications after sigmoidoscopy are rare, but not impossible. Serious complications include:

- Bleeding. Most cases of bleeding occur in patients who have polyps removed, especially large polyps.
- Perforation (a tear in the colon or rectum)
- Infection.
- A reaction to the sedating medication, including breathing or heart problems.

Risks are higher in people taking steroids, blood thinners, or in people with significant medical conditions or diseases.

There is also a risk that cancers or polyps are not detected. The risk of this is higher in patients who have not sufficiently cleaned out their bowels.

What are the alternatives?

There are other screening tests (barium enema, CT scan, or MRI) that may detect abnormalities in the colon and rectum, but these procedures do not have the option of taking sample tissue. Colonoscopy, which examines the entire colon, is an alternative that also allows the doctor to take sample tissue and remove polyps at the time of the procedure. Please see your family doctor if you wish to know more about other alternatives.

Lifestyle changes to lower the risk of colon or rectal cancer

- Stop smoking
- Exercise regularly
- Eat a diet high in vegetables and fruit, and low in processed meat and red meat
- Avoid excessive alcohol consumption

Disclaimer: This document contains information and/or instructional materials developed by NEORCS for the typical patient with your condition. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition, or your treatment plan.