

Dear:

You are scheduled for a **flexible sigmoidoscopy** with Dr. Robin Boushey on:

**Date:**

**Time:** (please arrive at: \_\_\_\_\_)

**Location:**

### **BOWEL PREPARATION INSTRUCTIONS (OSTOMY PATIENT)**

#### **One week prior to the appointment:**

If you are taking aspirin, it is important that you discontinue taking it one week prior to your appointment. If you are taking any other form of blood thinner, please notify our office immediately. After your test, please confirm with Dr. Boushey which date you may resume taking your medication.

#### **One day before the appointment:**

- You may eat and drink as normal the day before your test.
- Purchase (from any pharmacy) 2 water-based rectal fleet enemas. Use the first enema 1 hour before bedtime the night before your appointment.

#### **Day of your appointment:**

- Please do not have anything to eat or drink within 4 hours of your scheduled test time.
- Perform the 2<sup>nd</sup> rectal fleet enema approximately 2 hours prior to your appointment.

Should you choose to receive sedation with this procedure, you must have an adult come into the unit to pick you up and drive you home. You are not permitted (by law) to drive for 24 hours after receiving sedation.

**Please note that there will be a fee of \$100.00 for any missed appointments.** Please contact our office 7 business days prior to the appointment to reschedule or cancel your appointment. If there are any questions or concerns regarding the above instructions, please call 613-737-8899 ext.71724 or [jquitard@toh.ca](mailto:jquitard@toh.ca)