

IMPORTANT: PLEASE READ ENTIRE DOCUMENT

NOTE: DRINK PLENTY OF JUICES AND GATORADE/POWERADE AND WATER

You are scheduled for an upcoming **Flexible Sigmoidoscopy** with Dr. Robin Boushey:

Date: _____

Time: _____ Please arrive 1 hour prior to your scheduled time

Location: General Hospital, Room 1438 (1st floor)

Riverside Hospital, Endoscopy Unit (1st floor)

Required Bowel Preparation Instructions

You will need to purchase 4 **Dulcolax Tablets (Bisacodyl laxative)** and **Pico-Salax** (contains 2 packages) which is available without a prescription at any pharmacy.

Please inform the office if you have a history of **congestive heart failure or kidney disease as you are not to take Pico Salax**. You will need to purchase **GOLYTELY** or **COLYTE** from the pharmacy instead, and follow the directions from the package.

If you are on chemotherapy, please advise Dr. Boushey's office as soon as possible as your flexible sigmoidoscopy will have to be deferred until chemotherapy is completed.

Medications

If you are taking:

Coumadin	Contact our office as soon as possible
Aspirin or any type of blood thinning medication	Please discontinue 1 week prior to your appointment
Plavix	Please discontinue 2 weeks prior to your appointment
Iron, Vitamins, and/or Herbal medications	Please discontinue 1 week prior to your appointment

Please ask Dr. Boushey during the appointment when you can resume taking the medication.

If you take medication for Diabetes, or blood pressure please take your medication as usual. Please take with only a sip of water on the day of your appointment

Bowel Preparation

You will need to have access to a toilet after you take this medication as it can begin to work within 1 to 3 hours. It is very **important to drink** a sufficient amount of clear fluids to avoid dehydration. **Aim at drinking 3L in 24 hours (approximately 10 glasses of water.)** The bowel cleaning effect is improved by the amount of clear fluids that you drink. It is especially important to drink lots of water 30 minutes before initiating the bowel preparation.

You may take 25mg Gravol to help with nausea, which can occur when you take the preparation. Cramps and diarrhea are expected so stay close to a toilet.

If you have problems tolerating the bowel prep, notify the doctor's office for further instructions.

Drink only clear fluids for lunch and dinner. No solids allowed.

Clear Fluids include:

Water, clear juices without pulp, chicken broth, or consommé soups, light colored jello without fruits, popsicles, Gatorade, Kool-aid, clear soft drink, ovaltine mixed with water.

No milk, nothing red or purple.

For Morning Appointments: PICO SALAX

One day before the appointment:

-At **7:00am** have a light breakfast.

-At **8:00 am** take the laxative tablets (4 Dulcolax tablets)

-At **11:00am** empty the contents of the 1st package into a cup or mug, add 5oz (150ml) cold water and stir for 2-3 minutes. If it becomes hot, wait until it cools sufficiently to drink.

-At **8:00pm** take the 2nd package prepared the same way as the first. Continue to drink as much clear fluids as you can up to midnight. Nothing after midnight.

For Afternoon Appointments: PICO SALAX

One day before the appointment:

-Have breakfast: eg. Eggs and toast, juice, tea or coffee (with no milk).

-**Lunch:** Clear fluids only

-At **2:00 pm** take the laxative tablets (4 Dulcolax)

-At **5:00 pm**, empty the content of the 1st package into a cup or mug, add 5oz (150ml) cold water and stir for 2-3 minutes. If it becomes hot, wait until it cools sufficiently to drink.

-At **6:00 am** the day of the appointment, take the 2nd package of Pico Salax prepared the same way as you did the first one.

Drink 1 to 2 glasses (250-500ml) of water per hour up until 3 hours prior to your appointment time.

Please be sure to have an adult accompany you home after the flexible sigmoidoscopy as you are not allowed to drive a motor vehicle, operate machinery, drink alcohol and/or make major or legal decisions for 24 hours after the flexible sigmoidoscopy.

You may ride the bus or take a taxi home but only if you are accompanied by an adult that knows you. Your companion has to meet you at the Endoscopy Unit.

The flexible sigmoidoscopy will take approximately 30 minutes. You will need to stay at the hospital 30 to 60 minutes after it is over.

Post Flexible Sigmoidoscopy

You have to avoid traveling for 7 days post flexible sigmoidoscopy. **GO to the EMERGENCY DEPARTMENT** nearest to you and advise the office if you experience any of the following:

- ✓ Chills
- ✓ Fever
- ✓ Heavy Bleeding
- ✓ Severe abdominal Pain

Please note that there will be a fee of \$250.00 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 do not hesitate to contact me at 613-737-8899 extension 71724.

Sincerely,

France Bourbonnais
Administrative Assistant