

Dear:

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

Date:

Time: (please arrive at: _____)

Location:

BOWEL PREPARATION INSTRUCTIONS

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:

- Have a light breakfast (toast, egg, coffee, tea or juice). After your breakfast, you may *only* drink clear fluids up until 4 hours before your test time noted above. *Clear fluids include:* Water, clear juices (no pulp) clear broth soups, clear pop, Jell-o (no red or blue) or black tea.
- Purchase (from any pharmacy) 2 water-based rectal fleet enemas. Use the first enema 1 hour before bedtime the night before your appointment and the second one 2 hours before your appointment time.

Should you chose 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 jguitard@toh.ca

Robin P. Boushey, BSc, MD, PhD, CIP, FRCSC
Division of General Surgery – Colorectal Surgery
Box 203, 501 Smyth Rd., Ottawa ON K1H8L6
T: 613-737-8899 Ext. 71724 F: 613-737-8011
www.drbushey.com

Ottawa Gastrointestinal Institute (OGI)
29 – 1910 St. Laurent Blvd., Ottawa K1G1A4
T: 613-686-6656 F: 613-248-9009
reception@ottawagi.com
www.ottawagi.com