

IMPORTANT: PLEASE READ ENTIRE DOCUMENT

You are scheduled for a **flexible sigmoidoscopy** with **Dr. 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

One week prior to the appointment:

If you are taking aspirin or any type of blood thinning medication, it is important that you discontinue it one week prior to your colonoscopy appointment. Please ask Dr. Boushey during the appointment when you can resume taking the medication.

One day before the appointment:

- Have a light breakfast and drink only clear fluids (water, apple juice, white grape juice, clear broth soups, gelatin snacks, and black coffee or tea with no milk) for the remainder of the day
- Purchase from any pharmacy two water-based rectal fleet enemas and use the first one the night before and the second one two hours before your appointment
- For morning appointments, fast after midnight of the day before. For afternoon appointments, you may continue clear fluid intake up to two hours before the procedure

YOU MUST BE ACCOMPANIED BY AN ADULT WHEN LEAVING THE HOSPITAL AS YOU WILL RECEIVE SEDATION FOR THIS PROCEDURE AND ARE NOT PERMITTED TO DRIVE A CAR FOR 24 HOURS FOLLOWING THE SEDATION.

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