

SIGMOIDOSCOPY INSTRUCTIONS

PATIENT INFORMATION

PATIENT:

DATE OF BIRTH:

APPOINTMENT DATE & TIME

DATE:

TIME (Please arrive 1 hour early):

ENDOSCOPIST:

LOCATION

The GUT Centre – 181 Sterling Road, Suite 204, Toronto, Ontario.

- Enter through the revolving door on the north corner of the building (off Sterling Road)
- Proceed to the second floor
- Do not use the ground floor sliding doors — there is no access to the Endoscopy Clinic from that entrance

Appointment Confirmation

All appointments must be confirmed by phone or email: Booking@GUTcentre.ca

Confirmation must be completed at least 2 weeks prior, or your appointment may be cancelled without notice

Cancellation Fees:

Less than 2 weeks' notice: \$50

Less than 48 hours' notice: \$250

ARRIVING AT THE CENTRE

- Register at the front desk on the second floor
- Please bring your Ontario Health Card.
- Bring a list of your current medications or the medication containers.

LEAVING THE CENTRE

You must arrange for a responsible adult to escort you home from your procedure. A taxi or rideshare such as Uber or Lyft does not count as an escort unless a responsible adult accompanies you. You will be receiving sedation during the procedure and will not be able to drive or operate machinery for the rest of that day.

IF YOU DO NOT HAVE A RESPONSIBLE ADULT TO ACCOMPANY YOU HOME, SEDATION WILL NOT BE ADMINISTERED.

MEDICATION

Continue taking **ALL** of your usual medications, including the morning of your procedure, with a sip of water — EXCEPT for the medications below.

Blood-Thinning Medications

If you take any blood thinner, you **MUST** confirm with your prescribing physician (GP, cardiologist, or other specialist) before stopping it. Do not stop a blood thinner without their approval.

Medication	Hold Before Procedure
Aspirin / ASA (baby aspirin)	If taken for a prior stroke or heart attack, you may continue it. Otherwise, hold 7 days.
Clopidogrel (Plavix), Aggrenox, Prasugrel (Effient)	Hold 7 days
Ticlopidine	Hold 14 days
Warfarin (Coumadin)	Hold 5 days
Dabigatran (Pradaxa), Rivaroxaban (Xarelto), Apixaban (Eliquis), Edoxaban (Lixiana), Ticagrelor (Brilinta)	Hold 3 days

For Headache or Nausea

- You may take acetaminophen (Tylenol) for headaches — not aspirin.
- You may take Gravol if you feel nauseated from the bowel prep.

IMPORTANT INFORMATION ABOUT YOUR PROCEDURE

- The risk of perforation (a hole in the colon, which may require surgery to repair) is approximately 1 in 10,000. This is rare but you should be aware of it.
- Sedation is not typically given for this procedure. If you request and receive conscious sedation, you will be relaxed and drowsy and may fall asleep, although sleep is not the aim of the sedation.

If you have any concerns about these risks, please speak to your referring physician or book a consultation to discuss them with your doctor in advance of your procedure.

PREPARATION FOR SIGMOIDOSCOPY

**At least 2 days before your procedure, purchase 2 Fleet enemas from any pharmacy.
You do not need a prescription.**

If Your Sigmoidoscopy Is in the Morning

- Take the first enema the evening before your procedure.
- Take the second enema 2 hours before your arrival time.

If Your Sigmoidoscopy Is in the Afternoon

- Take the first enema at 8:00 am on the morning of your procedure.
- Take the second enema 2 hours before your arrival time.

It is important to follow these instructions exactly so your bowel is adequately prepared for the examination.

PERSONAL BELONGINGS

Patients are strongly advised NOT to bring valuables such as jewelry, watches, or other personal items into the procedure and waiting areas.

The GUT Centre assumes no responsibility or liability for any personal items that are lost, misplaced, or stolen during care.