



Flexible Sigmoidoscopy Instructions

Name of Patient: _____

Your Flexible Sigmoidoscopy has been scheduled for _____ at
Advance Endoscopy & Specialist Center located at

- Suite 303, 2227 South Millway, Mississauga ON. L6L 3R6
- Suite 205, 688 Coxwell Avenue, Toronto, ON. M4C 3B7

****Please note that we require a 3 business day notice in order to cancel or reschedule an appointment. A \$100 fee will be applied for last minute cancellations and NO SHOWS.****

Preparation for Flexible Sigmoidoscopy

Please purchase 2 Fleet Enemas at your local drugstore.

THE DAY BEFORE YOUR APPOINTMENT

- Have a light dinner by 4 pm.
- Starting at 4:00 pm and until the procedure is over, you must remain on a clear fluid diet. No Solid Food. You may have clear fluids such as water, apple juice, Gatorade, clear soups and consommé.

THE DAY OF YOUR APPOINTMENT

- STOP TAKING ANY FLUIDS 3 HOURS BEFORE YOUR APPOINTMENT. DO NOT CHEW GUM EITHER.
- Two hours before you leave home, use the 2 **Fleet Enemas**. Insert the first enema into the rectum and squeeze all of it in. Hold it in for 5 to 10 minutes and use the toilet to empty fully.
- After you have emptied out the first enema, use the second enema in the same way.
- Please leave all your jewelry and valuables at home, Advance Endoscopy is not liable for any loss or damage to the same.
- You will not be able to drive after the procedure as you will be given sedation for a comfortable colonoscopy. Please have someone pick you up or if you choose to go by taxi or public transit, you must be accompanied by someone.