

DR. CONNAL ROBERTSON-MORE, M.D., F.R.C.S. (C) General Surgeon
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FLEXIBLE SIGMOIDOSCOPY INSTRUCTION SHEET

Endoscopist: Dr. Robertson-More

Endoscopist Office #: 1-250-792-5080

Procedure Location: Comox Valley Hospital, 101 Lerwick Rd, Courtenay, BC
V9N 0B9

- You **MUST FAST FROM MIDNIGHT THE NIGHT BEFORE THE PROCEDURE**. Nothing to eat or drink unless you are taking any heart or blood pressure medications; you may take these with as little water as possible. This examination does not require any change in your diet prior to this procedure.
- The procedure will take from 15-30 minutes and you are usually discharged one hour after your procedure.
- You will receive medication to make you drowsy, please notify the nurse of any drug allergies you have. Often a biopsy (obtaining a tissue specimen for microscopic analysis) is taken during this procedure. You may feel slight cramping or distention temporarily. You may feel slightly nauseated or dizzy following the exam and for this reason; you **MUST** have someone drive you home.
- If you have an appointment late in the day you are to follow the above instruction but you may have clear fluids up until **4 hours before** your appointment time. (Gatorade, apple juice, ginger ale, white grape juice, chicken/beef/vegetable broth, coffee or tea with no cream/milk or whiteners) Do not drink anything that has red or purple dyes.
- **The day before the procedure**, between 11:00 am and 1:00 pm call: (250) 331-5900 ext: 65690 to get the time of your gastroscopy.
- **Day of procedure:** Do **2 fleet enemas**, one after the other, the morning of the procedure.