

# Sigmoidoscopy Instructions

7 DAYS before your sigmoidoscopy

## READ ALL PREPARATION INSTRUCTIONS

### PLEASE CHECK IF/WHEN TO STOP TAKING:

- **anti-coagulant medication** (“blood thinners”) such as Dabigatran, Rivaroxaban, Apixaban, Clopidogrel, Brilinta, Warfarin, Persantin, or any other anti-coagulant medication. **Please check with the prescribing doctor to make sure this temporary change in your medications is safe for you.**

**CONTINUE** taking aspirin unless advised by your Specialist or GP to stop. If a doctor has advised you to take any of these medicines on a daily basis, **please check with the prescribing doctor to make sure this temporary change in your medications is safe for you.**

**OK** to continue taking

- Paracetamol –Panadol / Panamax – for pain.
- Antihistamines

### Further Instructions

3 DAYS before your sigmoidoscopy

### PLEASE STOP TAKING:

- **anti-inflammatory** pain relievers, including all NSAIDs and ibuprofen

**PLEASE ARRANGE A RESPONSIBLE PERSON TO TAKE YOU HOME AFTER THE PROCEDURE. YOU ARE NOT PERMITTED TO DRIVE FOR 24 HOURS. SOMEONE NEEDS TO STAY WITH YOU OVERNIGHT TO KEEP AN EYE ON YOU.**

1 DAY before your sigmoidoscopy

### PLEASE STOP TAKING:

- **Jardiance, Forxiga** and some other diabetic drugs (SGLT2 inhibitors) are to be withheld 1 day prior to any anaesthetic. **Please check with the doctor managing your diabetes.**

List all **current medications** and bring your medication with you on the day of your procedure.

Fast from **12 MIDNIGHT** this means you do not eat any food after 12 midnight the night before your procedure.

DAY of your sigmoidoscopy

**NO SOLID FOOD** until after your procedure. You may drink clear fluids up until 3 hours before your arrival time\*

**YOU MUST** take your morning heart, blood pressure, asthma and/or seizure medications with a small sip of water, unless otherwise instructed.

**PLEASE STOP ALL LIQUIDS 3 HOURS BEFORE YOUR PROCEDURE.**

For your sigmoidoscopy to be successful, it is important that your intestines are free of stool. This means you will receive an **enema on arrival.**

After the procedure, you may eat your usual diet unless otherwise instructed.

**YOU ARE NOT PERMITTED TO DRIVE FOR 24 HOURS. A RESPONSIBLE PERSON NEEDS TO PICK YOU UP AND STAY WITH YOU OVERNIGHT TO KEEP AN EYE ON YOU.**



## Clear fluids include the following;

- Water
  - Black tea
  - Black coffee
  - Cordial – orange or lemon
- NO red, green, purple or blue**

- Fruit Juice – pulp free orange or clear apple
- Clear Soup – strain bits out before drinking
- Yellow or orange jelly

- Sports Drinks eg Gatorade or Powerade. **NO red, green, purple or blue**
- Beef tea eg Bovril, Bonox
- Soup cubes eg stock cube in hot water

### ARRIVAL TIMES

\***Pittwater Day Surgery** will contact you **BEFORE 6pm** of the working day prior to your procedure (9979 3888).

Any issues please call: 0466 647 896.

\***Northern Beaches Hospital** will contact you via text or phone in the afternoon of the working day prior to your procedure (9105 5000).

\***Dee Why Endoscopy** please call between 8am - 12noon on the last working day prior to your procedure (9982 6333).

\***North Shore Private** will contact you after midday the day before your procedure (8425 3875).