**Dr. Trevor D. Hamilton, Inc.**

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Surgical Oncology & General Surgery

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**FLEXIBLE SIGMOIDOSCOPY PREPARATION INSTRUCTIONS**

Your appointment for a flexible sigmoidoscopy is **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Please arrive at **\_\_\_\_\_\_\_\_\_**

**Location**: **\_\_\_** **Admitting at UBC Hospital \_\_\_Admitting at VGH**

Main Entrance-Main Floor Jim Pattison Pavilion-Main Floor

2211 Wesbrook Mall 899 W. 12th Ave.

Vancouver, BC V6T 1Z3 Vancouver, BC, V5Z 1M9

**1 Day prior to test:**

* You may eat all meals and take medications as usual.
* **NO SOLID FOOD AFTER MIDNIGHT THE NIGHT BEFORE YOUR TEST**
* CONTINUE CLEAR FLUIDS ONLY UNTIL THE TEST

**Day of Test**

* Take one **FLEET ENEMA** at 7:00AM the morning of your procedure
* Take the second **FLEET ENEMA** two hours before your procedure time
* Stop clear fluids three HOURS before test.
* You may take regular medications with sips of water in the morning.

**After the test**

* **You will need a responsible adult who knows you to come into the hospital to pick you up from DAYBED/GE CLINIC and drive you home (approx 2.5 hours after arrival)**. If you are taking a cab you will need someone else other than the cab driver with you. You CANNOT drive for 24 hours after the procedure.
* **It is NOT advisable to travel for TWO WEEKS** after the flexible sigmoidoscopy in the event there may be a complication that does not become obvious right away.

**\*PHONE 604 875-5770/5880 TO CONFIRM YOUR PROCEDURE ONE WEEK PRIOR, OTHERWISE YOUR**

**APPOINTMENT WILL BE CANCELLED\***