

PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY

MEDICATIONS TO DISCONTINUE:

- € **Iron medications** – stop at least **10** days prior to the procedure
- € **Aspirin** – stop at least **7** days prior to your procedure, after consulting with your physician
- € **Coumadin (Warfarin) or Xarelto (Rivaroxaban)** – you may need to temporarily discontinue these medications. Please discuss this with your prescribing physician well in advance of the procedure
- € **Insulin or pills for Diabetes** – please discuss with your family physician prior to the test
- € If you have an abnormal heart valve, prosthetics heart valve or other conditions where you have been told to take antibiotics prior to dental procedures, please advise us immediately.

1. TWO WEEKS PRIOR to your procedure:

- € Call the clinic at 647-812-2113 to confirm your procedure
- € Complete the Pre-Anesthesia Questionnaire and submit to the clinic via email (reception@tidhi.ca) or fax (**647-812-2114**)
- € Purchase the following bowel prep materials over-the-counter at your local pharmacy:
 - (1) box of **Pico-Salax** (contains two sachets)
 - (1) box of **Dulcolax 5mg** tablets

2. ONE WEEK PRIOR to your procedure:

- € STOP eating whole grains, nuts, seeds, dried fruit, or raw fruits/vegetables

3. ONE DAY PRIOR to your procedure:

- € You must be on **clear fluids ALL DAY**
 - DO NOT DRINK OR EAT any solid or milk dairy products
 - DO NOT DRINK any fluids with red or purple colour.
 - **Clear fluids include:** soft drinks (sprite, 7-UP, Ginger Ale), clear broth, fruit juices (without pulp), water, tea or coffee (without milk or cream), jell-o, ice popsicles
- € **At 2:00pm:** Take **two Dulcolax tablets** with water
- € **At 4:00pm:** Take **first dose** of **Pico-Salax**
 - Empty the contents of 1 sachet of Pico-Salax into a cup. Add 150 mL of cold water and stir frequently for 2 -3 minutes. Sometimes the reaction of mixing PICO-SALAX and cold water will cause the solution to become hot. It becomes hot, wait until it cools sufficiently to drink.
 - Drink an additional 1 litre (as tolerated) of clear fluids after finishing the first sachet
- € **At 8:00pm:** Take **second dose** of **Pico-Salax** (same instructions as first dose)
 - Drink an additional 1 litre (as tolerated) of clear fluids after finishing the second sachet

4. DAY OF PROCEDURE:

- € **At 12:00am: BEGIN FASTING – NOTHING TO EAT, DRINK OR SMOKE THE DAY OF THE PROCEDURE**
- € Take all of your usual medications (except those listed on page 1) with small sips of water.

IMPORTANT INFORMATION

- If you have sleep apnea plan to bring your CPAP machine to the procedure
- Continue any blood pressure medication as usual
- If you missed any of the steps on the previous page, PLEASE STILL COME IN FOR THE PROCEDURE
- DO NOT BRING ANY VALUABLES JEWELLERY OR WEAR MAKE UP
- You will be sedated during the procedure. Therefore, **YOU MUST BE ACCOMPANIED BY SOMEONE WHEN YOU LEAVE.** If you do have someone to accompany you, your procedure will be cancelled.
- Please bring a bag for your belongings (big enough to fit your clothes)

WHEN YOU ARRIVE

- The Toronto Immune and Digestive Health Institute is located in the Lawrence-Allen Centre at (700 Lawrence Avenue West). There is 3 hour parking and adjacent TTC/Subway access (Lawrence West Station).
- Please enter through the East Tower entrance, which is accessible from the parking lot on the south side of the mall facing Lawrence Avenue. The East Tower entrance can be found between Booster Juice and the Foot Institute.
- Once inside, take the elevators up to the 3rd floor – Suite 360.

BEFORE YOUR PROCEDURE

What is a Gastroscopy?

A gastroscopy is an examination of the esophagus, stomach and duodenum (first part of the small bowel). A gastroscope is a long, thin, flexible tube with a light. The tube is inserted through your mouth, and allows direct visualization of your upper intestinal tract. Instruments may be passed through the gastroscope to take tiny painless biopsies (samples of tissue) cell brushings of fluid samples for microscopic examination in the laboratory. Photographs may also be taken during the procedure. Polyps (tiny growths) may be removed. Tiny swallowed objects may be removed. Strictured (narrowed) areas may be dilated (stretched)

What is a Sigmoidoscopy?

A sigmoidoscopy is an examination of part of the large intestine with a camera on the end of a tube. Instruments may be passed through the colonoscope to take tiny, painless biopsies (samples of tissue) for microscopic examination in the laboratory. Photographs and video may also be taken during the procedure. Sigmoidoscopy is used to in inflammatory bowel disease (IBD/Crohn's disease, ulcerative colitis) to assess the extent and severity of the inflammation and/or to evaluate treatment response. It is also used to detect and diagnose colon cancer, polyps, causes of bleeding and diarrhea. There is very little risk associated with sigmoidoscopy and polyp removal/biopsies when they are performed by specially trained physicians and health care teams.



SIGMOIDOSCOPY PREPARATION **INSTRUCTIONS**

What is a Polypectomy?

During the course of your sigmoidoscopy, a polyp may be found. Polyps are abnormal growths of tissue which vary in size from a few millimeters to several centimeters. Depending on the size, shape and location of the polyp, it may be removed (polypectomy). You should feel no pain during polyp removal. Polyps are usually removed because they can be a source of rectal bleeding or may contain cancer. Although the majority of polyps are benign (not cancerous), some may eventually become cancerous if left untouched.

What to Expect

- You will be admitted to the endoscopy suite
- A blood test may be taken
- You will change into a patient gown
- You will empty your bladder
- Your vital signs will be taken
- You will be given an intravenous injection to make you sleepy and relaxed
- The examination will be done with you lying on your left side
- The colonoscope will be introduced via your rectum or stoma so your bowel can be examined
- You may feel some cramping and pressure
- **Gastroscopy:**
 - Your throat will be sprayed with a local anesthetic or gargle to help control gagging
 - You will be asked to swallow the endoscope which is thinner than most food you swallow
 - The examination does not interfere with breathing or cause choking. Because air is introduced, you may feel bloated and crampy. This feeling passes quickly after

AFTER YOUR PROCEDURE

After the Gastroscopy

Because your throat will be frozen, you may have nothing to eat, drink or smoke for 2 hours following your procedure. You will be taken to the Endoscopy recovery area where you will remain until most of the effects of the medication have worn off. When your nurse has decided that you are sufficiently recovered you will be discharged in the company of your driver. You will not be allowed to drive for 24 hours. Please arrange for someone to pick you up in the Endoscopy Unit 1-2 hours after your test. If you do not have an adult to accompany you home your procedure will be cancelled.

After the Sigmoidoscopy

You will be taken to the Endoscopy recover area where you will remain until most of the effects of the medication have worn off. When your nurse and anesthetist has decided that you are sufficiently recovered, your escort will be called to pick you up. You will be discharged to your escort. You will not be allowed to drive for 24 hours.

Complications

Complications are extremely rare but can occur. One complication is perforation or tear through the wall of the bowel that may allow leakage of intestinal fluids. This complication may require surgery or management with antibiotics and intravenous fluids. Bleeding may occur from a biopsy or polyp removal. This is usually minimal but, rarely, blood transfusions or surgery may be required. Irritation of a vein can occur at an intravenous site. A tender lump or bruise may develop and last from several days to months. It eventually goes away with no ill effects. Other risks include drug reactions and complications from unrelated medical conditions. Your physician and his staff are alert to the possibilities and are fully equipped to handle any complications which may arise.

Results

The results will be explained at the conclusion of your procedure. Because of the sedation, you may not remember what you have been told. If you require further explanation, you should call the physician who performed the procedure or make an office appointment for a complete explanation. If biopsies have been taken, results can take 10 -14 days to be available. Please call the office to follow up.