

GENERAL SURGERY & ENDOSCOPY

 604-391-2000  604-393-9779

INFORMATION ABOUT YOUR ENDOSCOPIC PROCEDURE

Location: Ambulatory Care - Main Floor Chilliwack Hospital

RE: _____

Date of Procedure: _____

Arrival Time: _____

Estimated Discharge Time: _____

1. Please call our office at least **14 days in advance** of your scheduled endoscopic procedure to confirm this appointment. If you reach our office voicemail, please leave your name, time and date of your procedure and that will be considered a confirmation.

FAILURE TO CONFIRM YOUR APPOINTMENT MAY RESULT IN CANCELLATION OF YOUR PROCEDURE

Cancellations within 48 hours of procedure will be subject to a \$200 re-booking fee.

2. Please follow the attached Bowel Preparation instructions closely.
3. Due to the sedation that you are given you are legally impaired and cannot work or drive for 24 hours.
You must arrange for someone to drive you home following the procedure.

Please ask whomever is driving you home to report to Ambulatory Care when they arrive to pick you up.
Please do not ask the staff to call your ride.

4. Dr. Zroback will give you the preliminary findings and follow up instructions after the procedure.

Thank you,

Dr. Zroback's Office

BOWEL PREPARATION INSTRUCTIONS FOR A FLEXIBLE SIGMOIDOSCOPY

The doctor's ability to visualize your colon depends on a thorough bowel preparation. **PLEASE** read these instructions carefully, failure to do so may mean the procedure cannot be completed and you may have to reschedule and possibly repeat your bowel preparation.

PHARMACY LIST: (No prescription needed)

- **2 tablets of Bisacodyl**
(Ask the pharmacist or otherwise it comes in packages of 6 or 10 through the Brand Name Ducolax)
- **2 regular Fleet Enemas** (saline)

PREPARATION

1. Day before your Flexible Sigmoidoscopy

- NO solid food or milk products after midnight. Only CLEAR liquids such as: water, clear juice (apple, white grape, white cranberry) clear soup, broth or bouillon, gatorade, vitamin water, powerade, ginger-ale, popsicles, jell-o and clear tea or coffee (no cream or milk). **NO red or purple coloured liquids. No gum, alcohol, congee or juices with pulp!**
- You may take your medications today. If you take Aspirin or Aspirin containing products and are able to stop them today, please do so.
- Take the **2 Bisacodyl** tablets just before you go to bed.

2. The day of the Flexible Sigmoidoscopy

- Please **DO NOT** take any medications today until after the procedure.
- Stop having clear liquids **2 hours before** your arrival time.
- Take the **2 Fleet Enemas 1 hour before** you leave home to go to the Chilliwack Hospital.
- Please arrive in Ambulatory Care (1st floor of the hospital, past the elevators) at the arrival time written on Page 1.