



**Dr. Patrick McCrea**

**M.D., M.A.Sc., F.R.C.S.C., General Surgeon**

Boardwalk Professional Centre

220 Water Street, Charlottetown, PE, C1A 9M5

Email: [info@drpatrickmccrea.com](mailto:info@drpatrickmccrea.com) | Web: [www.drpatrickmccrea.com](http://www.drpatrickmccrea.com)

Tel : 902.368.7610 | Fax: 902.368.7611

## FLEXIBLE SIGMOIDOSCOPY

**This is an instruction sheet for patients scheduled for flexible sigmoidoscopy. If you believe you are scheduled otherwise and received this form in error, please call the clinic.**

If this is your first visit with Dr. Patrick McCrea, please fill out the Health Questionnaire (attached), and return to the office. The clinic should receive by email (preferred), faxed, or mail at least 1 week in advance. Please watch instructional videos for your procedure on [www.drpatrickmccrea.com](http://www.drpatrickmccrea.com).

**Attention:** \_\_\_\_\_

**You are scheduled for an upcoming procedure with Dr. Patrick McCrea. You will need to register at the Admitting Department 90 minutes prior to your procedure.**

**Date:** \_\_\_\_\_ **Registration Time:** \_\_\_\_\_ **Procedure Time:** \_\_\_\_\_

**Location:** Endoscopy Unit, Queen Elizabeth Hospital, 60 Riverside Drive, Charlottetown, PE.

**You must call 902.368.7610 or email [info@drpatrickmccrea.com](mailto:info@drpatrickmccrea.com) to confirm appointment at least 7 days prior to scheduled procedure or your appointment will be cancelled. If you cancel later than this, it is difficult to find someone to take your place and you may be subject to a cancellation fee.**

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### REQUIRED BOWEL PREPARATION INSTRUCTIONS:

Supplies Needed: Available without a prescription at any pharmacy.

- 2 Fleet Enemas which works the same way as a suppository

### INSTRUCTIONS:

#### ONE DAY BEFORE APPOINTMENT

Have a light breakfast and drink only clear fluids. Clear fluids include: Water, clear juices without pulp, chicken broth or consommé soups, light coloured jello without fruits, popsicles, Gatorade, Kool-aid, clear soft drinks, Ovaltine mixed with water. These are just examples. No milk, nothing red or purple.

Use one of the fleet enemas at night before bed. If you have a morning appointment, take no food or liquids after midnight.

#### DAY OF APPOINTMENT

- Use the second fleet enema 2 hours before your appointment.
- If you have an afternoon appointment, you may continue clear fluid intake up to 2 hours before your appointment.



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### **MEDICATIONS/CONDITIONS:**

If you are on chemotherapy, please advise Dr. McCrea's office as soon as possible as your flexible sigmoidoscopy will have to be deferred until chemotherapy is completed.

If you are taking blood thinning herbs or medications:

- Ticlid (ticlopidine): Contact our office as soon as possible.
- Pradax (dabigatran): Contact our office as soon as possible.
- Coumadin(Warfarin): Contact our office as soon as possible.
- Plavix (clopidogrel): Contact our office as soon as possible.
- Iron, vitamins, and/or herbal medications: Please discontinue 1 week prior to your appointment.

If you are diabetic, your blood sugar may be affected by the bowel prep regime; you should take ½ your normal AM insulin, do not take oral diabetic medications, and check your blood sugar. You should take your blood pressure medication as usual. Please take medications with only a sip of water that morning.

### **POST FLEXIBLE SIGMOIDOSCOPY:**

You must avoid travelling for 7 days post flexible sigmoidoscopy. You are free to eat anything you want afterwards unless you are told otherwise. You should ask Dr. McCrea when you can restart any blood thinning medications; you can resume taking all other medications as usual unless you are told otherwise. Go to the emergency department nearest to you and advise our office if you experience any of the following:

- Chills
- Fever
- Heavy bleeding
- Severe abdominal pain

Please refer to [www.drpatrickmccrea.com](http://www.drpatrickmccrea.com) for videos and more information about your procedure. If there are any questions or concerns regarding these instructions, please contact Lindsay Perry, Administrative Assistant, at Dr. McCrea's Office at [info@drpatrickmccrea.com](mailto:info@drpatrickmccrea.com) or at 902.368.7610.