



## Flexible Sigmoidoscopy Patient Information & Instructions

**You are booked in for a Flexible Sigmoidoscopy**

**Your Procedure Date is:** \_\_\_\_/\_\_\_\_/\_\_\_\_ **Time: 0730hrs – 1130hrs/ 1200hrs- 1630hrs**

**Location:**

**Mornington Endoscopy, Suite 1, 350 Main Street, Mornington, 5973 4444**

**Rosebud Endoscopy, 20 Boneo Road, Rosebud, 5986 4444**

**Key Information:**

- Your procedure will take anywhere from 15-20 minutes.
- We will confirm with you via phone your arrival time for your procedure one business day prior to your procedure date.
- Please allow approximately 1 ½- 2hours from your arrival time before you are ready to go home
- Please ensure you have someone to drive you home afterwards (please note your procedure will be cancelled if you do not have an escort to drive you home)
- You must follow the Flexible Sigmoidoscopy instructions to avoid the inconvenience of having to return for a repeat procedure.
- We ask that you do not bring valuables with you as we cannot be responsible for their safe keeping, however you will be required to make payment prior to your procedure, so please only bring the correct amount of cash or your bank card. **(Please Note there is a 1.2% surcharge if paying by credit card).**
- On the day of your procedure you will be seen by your doctor and the anaesthetist. You will be escorted to the procedure room where the anaesthetist will give you a small injection into the back of your hand. The anaesthetist will administer some light sedation and you will go to sleep. You will be taken to the recovery room following the procedure where you will recover from the anaesthetic. You will be given food and fluids in recovery room.
- Your Doctor will talk with you regarding the results of your Flexible Sigmoidoscopy before you go home.
- You will receive a hard copy of your report. The report and all results will also be sent to your GP

### **BOWEL CLEANSER –**

**Fleet Enema 2 hours prior to arrival / NO Fleet Enema  
(circle appropriate)**

### **FASTING INSTRUCTIONS**

**Have NOTHING to eat or drink – NO water or ANY fluids or food (including chewing gum and barley sugar) for a minimum of SIX HOURS before your procedure time**

**Additional Information:**

- Please take **ALL** of your normal medications unless otherwise instructed by your GP, Gastroenterologist or GastroMedicine Practice Nurse. (ensuring you have no fluids up to six hours prior to your procedure)
- Please **DO** take any normal Blood Pressure medication and medicines for epilepsy even on the day of the procedure. (ensuring you have no fluids up to six hours prior to your procedure)
- Some patients find when fasting they suffer from headaches, please note you can take paracetamol or any other pain killer (excluding aspirin) you normally take for headaches up until six hours prior to your arrival time.