

SIGMOIDOSCOPY INSTRUCTIONS

YOUR SIGMOIDOSCOPY IS ON
Date: _____

SEVEN DAYS BEFORE THE SIGMOIDOSCOPY

If you are taking blood thinner medication the Doctor will advise you when you need to stop taking the medication. I.e. Plavix, Warfarin, Aspirin and anti-inflammatories.

Name of Blood Thinner: _____ Date to Stop taking: _____

Other Medication instructions: _____

THREE DAYS BEFORE THE SIGMOIDOSCOPY

We will call and give you an admission time and remind you of any excess or payment required on the day.

THE DAY OF THE SIGMOIDOSCOPY

- Stop eating and drinking completely 6 hours before your admission.
- Take your morning medications as per instruction by Dr Le.
- Please bring your medications with you for the Anaesthetist to review.
- Arrive half an hour before theatre time to have an enema to clean out your bowel.

AFTER THE SIGMOIDOSCOPY

- Dr. Le will give you the results of the Sigmoidoscopy and a formal report will be sent to your family doctor. This can take 2-3 weeks.
- It is illegal to drive a car or operate a machine for 24 hours after an anaesthetic. Ask your driver come inside to collect you. A motor bike or a learner driver is not suitable.
- For your safety it is a requirement of this facility that you have a responsible adult care for you overnight post-operatively until the next day.
- You may return to work the next day.
- You may get a bloated feeling. Eat simple, low fat food afterwards.
- You must not travel by air for 2 weeks after a Sigmoidoscopy.
- If any pain persists after a Sigmoidoscopy, or if there is something you feel is unusual, please contact our clinic, your local doctor or the nearest hospital for advice.
- Milton Ulladulla Hospital is at 106 Princes Highway, Milton. Their telephone number is 4455 1333.
- You may restart your medications as instructed by Dr Le or your Anaesthetist.