

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 YOU HAVE HAD YOUR SIGMOIDOSCOPY

- Dr Le will give you the results of the Sigmoidoscopy and a formal report will be sent to your family/referring doctor. This can take up to 2-3 weeks.
- It is illegal to drive a car or operate a machine for 24 hours after an anaesthetic. Ask your driver to come inside to collect you. A motor bike or a learner driver is not suitable as your driver.
- For your safety we require you have a responsible adult care for you for 24 hours postoperatively 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 Ulladulla Endoscopy and Medical, your local doctor or the nearest hospital for advice.
Milton Ulladulla Hospital is at 106 Princes Highway, Milton. Their telephone number is 4454 9100.
- You may restart your medications as instructed by Dr Le or your Anaesthetist.

EMERGENCY: CALL 000 for a NSW Ambulance OR Milton Ulladulla Hospital, 106 Princes Highway Milton, Phone 02 4454 9100.

FEEDBACK: At Ulladulla Endoscopy and Medical Centre, we always appreciate patient feedback. If you would like to make any comment, complaint, or recommendation about any aspect of care you have received from our centre, please talk to our doctors or receptionists. Alternatively, you can email us on admin@southmedical.com.au or write to us: Ulladulla Endoscopy & Medical Centre, PO Box 110, Ulladulla, NSW, 2539.

