

# WELCOME TO



## Provis Rudd Clinics

### INSTRUCTION MANUAL FOR YOUR FLEXIBLE SIGMOIDOSCOPY

DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_ TIME: \_\_\_\_\_

DOCTOR: \_\_\_\_\_

LOCATION: \_\_\_\_\_ SUITE#: \_\_\_\_\_

### LOCATIONS



#### TORONTO CLINIC

123 Edward Street, Suite 825  
Toronto, Ontario M5G 1E2  
(near Dundas St. W. & University Ave)  
Tel: 416-597-0997 Fax: 416-597-2912  
Email: [toronto@ruddclinic.com](mailto:toronto@ruddclinic.com)



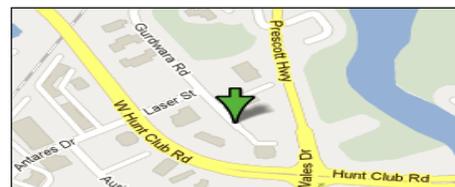
#### OAKVILLE CLINIC

710 Dorval Drive, Suite 202  
Oakville, Ontario L6K 3V7  
(South of QEW right turn on Wycroft Rd)  
Tel: 905-607-0022 Fax: 905-607-0013  
Email: [info@provisendoscopy.com](mailto:info@provisendoscopy.com)



#### MISSISSAUGA CLINIC

3095 Glen Erin Drive, Suite 7-10  
Mississauga, Ontario L5L 1J3  
(West of Erin Mills Pkwy & Dundas St W.)  
Tel: 905-607-0022 Fax: 905-607-0013  
Email: [info@provisendoscopy.com](mailto:info@provisendoscopy.com)



#### OTTAWA CLINIC

2 Gurdwara Road, Suite 100  
Nepean, Ontario K2E 1A2  
(Hunt Club Area, Nepean)  
Tel: 613-216-1823 Fax: 613-216-1824  
Email: [info@provisendoscopy.com](mailto:info@provisendoscopy.com)

## PLEASE REMEMBER TO:

⇒ Arrive 15 minutes before the appointment time

⇒ Bring your Ontario Health Insurance Card



⇒ Bring juice (Gatorade or Powerade) to drink after the procedure to restore energy



⇒ Wear loose fitting clothes (no tight jeans or similar tight attire) – Bring an extra pair of loose fitted pants

⇒ Do not wear nail polish or hand cream

⇒ We generally do not use sedation for this procedure as it is a tolerable procedure

⇒ In the event that you are unable to tolerate the procedure or prefer to have sedation, you must arrange for someone to accompany you to and from the clinic as you will NOT be allowed to drive for 24 hours or take public transit alone following sedation. For safety reasons, the person will need to meet you inside the clinic. We will call a taxi for you and assist you downstairs, but you must be accompanied by a responsible adult



⇒ If you do not speak or read English, you must bring a translator. 如果你不說話或讀英語 你必須帶翻譯。 , Si usted no habla o lee Inglés, usted debe traer un traductor.

## STEP BY STEP INSTRUCTIONS

Please read this entire information package NOW and READ AGAIN  
Seven (7) days prior to the appointment

## PURCHASE THE FOLLOWING

2 FLEET ENEMAS at your local Drug Store

**PLEASE NOTE:** Diabetics, on insulin may buy 3 tins of Vanilla-flavored liquid meal replacement (Such as Ensure or Glucerna) the **day before the procedure** but not the day of the procedure

## FOUR (4) DAYS BEFORE APPOINTMENT

4 Days before appointment: \_\_\_\_\_ 20 \_\_\_\_\_

STOP eating ALL seeds and nuts. Including: multigrain breads, flax seeds, fruits with seeds (tomatoes, cucumbers, grapes, watermelon seeds, all types of berries etc.)



## ONE (1) DAY BEFORE APPOINTMENT

- Have a light lunch

### **2:00PM: YOU MUST REMAIN ON CLEAR FLUID ONLY. NO SOLID FOOD**

- You may have CLEAR FLUIDS such as: Apple Juice, White Cranberry Juice, Ginger Ale, White Tea (NO black tea)

#### **CLEAR FLUIDS ONLY**



#### **NO SOLID FOOD**



DIABETICS: may take one (1) can of Vanilla flavored Ensure liquid meal replacement at each mealtime

**\*\* PLEASE NOTE: YOU MUST REMAIN ON A CLEAR FLUID DIET FROM THE DAY BEFORE AT 2:00PM UNTIL THE PROCEDURE IS FINISHED \*\***

**You must stop drinking all fluids two (2) hours before your appointment**

## THE DAY OF YOUR APPOINTMENT

- Two (2) Hours BEFORE you leave home, use the two (2) FLEET ENEMAS
- Insert the first enema into the rectum and squeeze all of it in – be sure to hold it in for 5 – 10 minutes before going to the toilet to empty fully
- After the first enema has been emptied out, use the second enema the same way
- Lying down on your left side with knees to chest position is best to administer the enemas
- A spouse or someone you trust may be able to help you with administering the enemas as well



## PROCEDURES WITH SEDATION

⇒ You will NOT be allowed to drive for 24 hours following sedation



⇒ You will require to have someone to accompany you to and from the clinic after your procedure

⇒ If you use a TAXI, you must be accompanied by someone



⇒ For safety reasons, the person will need to meet you inside the clinic as you cannot leave the clinic on your own

## AFTER THE PROCEDURE

- If a polyp has been removed, do not take aspirin for 3 days or exercise strenuously for a few days after the examination
- You will remain in the recovery room for close observation for approx. ½ hour or longer
- A bloated feeling and flatulence can occur after the procedure if air was used to improve visibility. You can usually get rid of excess gas by sitting on the toilet and putting your head towards the floor
- You will be able to resume your normal diet after the procedure unless you are instructed otherwise

## CANCEL OR CHANGE APPOINTMENT

If you need to cancel or change the appointment, you must do one of the following:

⇒ Call the Clinic:

Toronto 416-597-0997

Oakville: 905-607-0022

Mississauga: 905-607-0022

Ottawa: 613-216-1823

⇒ Email the clinic: [www.ruddclinic.com/appointments.asp](http://www.ruddclinic.com/appointments.asp)

⇒ We require Three (3) Business Days notice to cancel or change an appointment

## WHAT IS A FLEXIBLE SIGMOIDOSCOPY?

**Colon cancer is the largest cause of death from cancer** in men who don't smoke and the 2<sup>nd</sup> largest killer in men and women who do. **Colon cancer can now be prevented. Colonoscopy is the best cancer prevention examination** for the colon available today. It is also used to discover, monitor and treat other diseases of the large intestine (colon). **Flexible sigmoidoscopy** is a simpler test that examines about 1/3 of the colon where at least ½ of the cancers may start. It is particularly useful if there is bleeding.

**The purpose:** We can find polyps early through the endoscope and **remove them before they turn into cancer. This is true cancer prevention.** It is 20 times better than the Pap Smear cervical test. Polyps (wart-like growths on the inside of the bowel) occur most commonly in the lower bowel and may be missed or be too small to be seen on x-ray. If an early cancer is found, it can usually be cured at this stage by operation. Therefore, we feel strongly that serious colon cancers are now preventable. But we do not want to wait for symptoms of a cancer to see a patient. We want to prevent the cancer from starting.

We use the latest generation video scopes. A video chip in the tip of the scope sends back a wireless video signal to the T.V. monitor. The tip can be turned 360 degrees, so the scope can be advanced around the curves in the colon. There is a channel for injecting air and water to clean the lens and another channel for suctioning air and fluid and for inserting biopsy forceps to take a bite out of a lesion and a snare to remove a polyp. This is making good use of new and, unfortunately, very expensive technology. The cramps or fullness that occurs during the procedure only lasts a few seconds and occurs as we progress around a corner. Compared to the advantages of cancer prevention, this amount of discomfort is certainly worth it!

**Complications:** (serious bleeding and perforation) are extremely rare – less than 1 in 4,000 examinations. This is far outweighed by the advantages.

**The biggest disadvantage of the examination is the laxative** – the colon must be clean, otherwise the procedure cannot be performed.

## MEDICAL PRECAUTIONS

### 用药注意事项 Precauciones de Medicamentos

Please carefully read these instructions if you are taking any of the medications below

Aspirin, Bufferin, Novasen	<p><b><u>NOTE: Confirm with your family doctor prior to discontinuing this medication.</u></b> Discontinue the medication seven (7) days prior to the procedure. You may restart the next day if no biopsy was done.</p>
Plavix (Clopidogrel)	<p><b><u>NOTE: Confirm with your family doctor prior to discontinuing this medication.</u></b> Discontinue the medication seven (7) days prior to the procedure. You may restart the next day if no biopsy was done.</p>
Coumadin  Warfarin	<p><b><u>NOTE: Confirm with your family doctor prior to discontinuing this medication.</u></b> Discontinue the medication five (5) days prior to the procedure. You must have an INR test done before noon (12pm) the day before your procedure and have the results faxed to <b>905-607-0013</b> (Mississauga/Oakville) or <b>416-613-6044</b> (Toronto) or <b>613-216-1824</b> (Ottawa). If you have not received an INR requisition form, please contact us immediately so we can mail it to you. <b><u>We require INR results by 8:00am on the day of the procedure.</u></b></p>
Diabetic Medications	<p><b><u>Please ensure that your procedure is booked early in the day.</u></b> Discontinue oral medications (pills) the evening before and the morning of the procedure. If you are on insulin, please discuss with your family doctor regarding cutting the morning dose of insulin in half. Diabetics can take a Vanilla-flavored liquid meal replacement during their preparation. Such as Ensure or Glucerna.</p>
Iron Supplements	<p>Discontinue five (5) days prior to the procedure.</p>
Anti-Inflammatory (Aleve, Motrin, Advil)	<p>Discontinue one (1) day prior to the procedure. Celebrex and Vioxx are not to be discontinued prior to the procedure.</p>

Medication for Pain or Headache	<p>Use plain Tylenol or prescribed medication for pain control.</p>
Antibiotics	<p>Antibiotics should be taken prior to the procedure if you have a history of endocarditis, artificial heart valves, or had a joint replacement in the last six (6) months. Obtain a prescription from your family doctor and fill it at the pharmacy. Oral antibiotics must be taken one (1) hour prior to the procedure. If the antibiotic is given intravenously, bring the antibiotic to the clinic and <b><u>advise us at the time of booking.</u></b></p>
Other Medications	<p>Medications for <b><u>blood pressure, thyroid and cholesterol</u></b> should be taken the morning of the procedure with sips of water.</p>