

Dalbir Jangra MD FRCSC

General Surgeon

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INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY (am) For arrival times prior to 10:00am

Date of Procedure: _____

****CALL THE OFFICE AT 604-504-1911 ONE WEEK PRIOR FOR YOUR ARRIVAL TIME****

DIRECTIONS TO GENERAL DAYCARE ABBOTSFORD HOSPITAL: Enter the Abbotsford hospital main doors, turn right to hallway with elevators (Fraser Wing), go to third floor, immediately to the left is General Daycare. Bring care card/photo ID.

**Purchase at pharmacy 1 bottle of Citro Mag and 1 Fleet Enema.
No prescription is required.**

- **1 day before your procedure: CLEAR FLUIDS ONLY, NO FOOD ALLOWED**
- **At 6:00pm:** Drink the bottle of Citro Mag. **Continue with clear fluids only until midnight.** Nothing by mouth after midnight the evening before your procedure.
- **2 hours prior to your arrival at the hospital:** use the fleet enema

Clear Liquid Diet Includes: water, clear juice (apple, white grape, white cranberry, iced tea), sports drinks, vitamin waters (**no red/purple**), Ginger Ale, 7up, clear tea or black coffee (**no cream or milk**), Jello-O, popsicles, clear broth soups only (ie chicken or beef broth, vegetable broth)

No red or purple colored drinks, no dairy/milk, no alcohol or juices with pulp allowed.

****PATIENTS MUST INFORM THE OFFICE OF ANY PRESCRIPTION BLOOD THINNERS THEY HAVE BEEN PRESCRIBED****

Medications can be taken as usual unless otherwise directed

Patients must remove all jewellery/metallic objects/body piercings prior to hospital arrival

**PATIENTS WHO DO NOT ARRIVE OR ARE NOT FULLY PREPPED FOR THEIR SCHEDULED
ENDOSCOPY PROCEDURE WILL BE CHARGED A \$250 FEE PAYABLE PRIOR TO
REBOOKING**