

Minor Procedure Instructions/Rigid Sigmoidoscopy Preparation Instructions

Your appointment date & time: _____

Please arrive at Georgian Bay General Hospital **30 min prior** to this scheduled appointment time.

You are required to confirm your appointment with Dr. Sacks' office 1 week prior to the procedure. A cancellation fee of \$30 will be charged if 24 hours notice is not given for missed minor procedure appointments..

Instructions - Please Read Carefully

- **Please bring a list of current medications with you.**
- Blood thinner instructions:
 - **Baby Aspirin 81mg** - continue
 - **Coumadin/Warfarin** - if you are taking warfarin for Atrial Fibrillation, please stop taking your warfarin 5 days before your minor procedure. If you are taking warfarin for an artificial heart valve, please contact your family doctor or surgeon for instructions
 - **Plavix/Brillinta** - stop 7 days before minor procedure
 - **Xarelto/Eliquis/Pradaxa/Lixiana** - stop 3 days before minor procedure

You will receive instructions about when to restart your medications after your procedure is done.

- Wear comfortable clothing.
- For rigid sigmoidoscopy/anoscopy procedures:
 - Purchase a *Fleet enema* from the pharmacy the day before your appointment
 - Administer the enema at home 2 hours prior to your appointment time
 - No fasting is required (no sedation is given)
 - Please hold blood thinners as per the above instructions

General Instructions

Please come to the Georgian Bay General Hospital Ambulatory Care Department on the Lower Level. Please arrive 45 minutes prior to your scheduled appointment. Please note that this arrival time is not your procedure time. We do our best to start procedures at the scheduled appointment time, but delays can, and do, occur.

Use the main entrance and register at the main Registration Desk. The Registration Clerk will require your health card, please ensure your health card has not expired. Once registered, take the stairs or elevator downstairs to the Ambulatory Care Department.

Please bring a list of all your current medications. Wear comfortable clothing.

If you have any questions or concerns please call your surgeon's office.