

**Dr. Timothy Cheang / Dr. Simon Yang / Dr. Jennifer Li**

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**FLEXIBLE SIGMOIDOSCOPY INSTRUCTION – BOOKED AT THE MARKHAM STOUFFVILLE HOSPITAL**

**Please register at the MAIN LOBBY at Markham Stouffville Hospital (381 Church Street, Markham)**

**\*\*Please bring your OHIP and current list of medication\*\***

Appointment date: \_\_\_\_\_ Arrival time: \_\_\_\_\_

You are booked for a flexible sigmoidoscopy with

Dr. Timothy Cheang     Dr. Jennifer Li     Dr. Simon Yang

**Please register at the MAIN LOBBY at Markham Stouffville Hospital**

**Instructions: 24 hours prior** to the flexible sigmoidoscopy you are to be on **clear fluids only**

- Water, tea/coffee (no dairy, no milk or cream), Gatorade/Powerade (no red, blue or purple), apple juice, white grape juice, gingerale, Sprite, 7up, clear broth (no noodles, rice, meat, vegetable pieces or congee), popsicles (no red, purple, blue), jello (no red, purple, blue)

**LAXATIVES:** You need to buy a **FLEET REGULAR ENEMA** (Sodium phosphate) at a pharmacy of your choice. This can be purchased over-the-counter. Ask the pharmacist for help if you cannot find it.

Administer the enema to yourself 2 - 3 hours prior to your procedure. Follow the instructions on the package to ensure maximum effectiveness.

You will be at the hospital for 1 ½ - 2 hours.

**THIS APPOINTMENT IS CONSIDERED CONFIRMED AT THE TIME OF BOOKING.**

**\*\*We DO NOT do reminder calls as it is patients' responsibility to keep track of their appointments once scheduled.\*\***

**YOU WILL BE CHARGED \$300.00 FOR A MISSED APPOINTMENT OR IF YOU CANCEL/RESCHEDULE YOUR APPOINTMENT WITHOUT 2 WEEKS NOTICE.**

*You will be told if you require a follow up appointment after the procedure.  
Please call 905-477-5935 or markhamgensurgeons@gmail.com to book your follow up appointment.*