

Flexible sigmoidoscopy prep checklist

Tick each step as you complete it and bring this sheet with you.

0 of 7 steps completed

- ☐ **Read all prep instructions carefully before you start**
Follow the steps as detailed unless your doctor or clinic staff advise otherwise.
- ☐ **Confirm the clinic knows about blood-thinning and diabetes medications**
Do not stop any medication unless a clinician tells you to.
- ☐ **Complete your online admission registration at St John of God Hospital**
IMPORTANT: Please commence your admission process by registering at:
<https://www.sjog.org.au/patients-and-visitors/my-admission>. If you need assistance with the admission process, please call St Johns on [1300 863 566](tel:1300863566).
- ☐ **Fast for 6 hours before your procedure if you are having sedation**
Nothing to eat or drink for 6 hours beforehand, other than clear water up to 3 hours before. If you are not having sedation, you do not need to fast.
- ☐ **Stop clear water 3 hours before your procedure**
Clear water only during the fasting window - no other drinks, lollies, chewing gum or food.
- ☐ **Take your regular medications with a sip of water at least 2 hours before attending hospital**
Tell the nursing staff about any allergies or sensitivities, and discuss blood thinners such as clopidogrel (Plavix) or warfarin with your GP or the hospital beforehand.
- ☐ **Arrive on time with your Medicare Card, Health Insurance Details, and a ride home**
St John of God Hospital Murdoch - clear water stops 3 hours before your procedure.

Medication safety note

Blood thinners (warfarin, clopidogrel/Plavix, apixaban, rivaroxaban, dabigatran, aspirin):

Keep taking your usual dose until the clinic tells you otherwise. These may need to be paused or bridged up to a week before the procedure - ring the clinic at least 7 days ahead so your doctor can decide. Do not stop them on your own.

Diabetes medicines and insulin (metformin, gliclazide, empagliflozin/Jardiance, dapagliflozin, insulin):

Fasting changes your glucose levels, so usual doses can cause hypos, and SGLT2 inhibitors carry a ketoacidosis risk while fasting. Ask the clinic for a written plan for each diabetes medicine on the day - ring at least 7 days ahead. Bring your glucose monitor and hypo treatment with you.

Questions about fasting, medications, or arrival?

Coastal Gastroenterology - Phone 63890631 - info@coastalgastro.com.au

Wexford Medical Centre, Level 3, Suite 46, 3 Barry Marshall Parade, Murdoch WA 6150

Admission: St John of God Hospital Murdoch, Gate 1, Barry Marshall Parade, Murdoch WA 6150

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