

YOUR APPOINTMENT IS SCHEDULED FOR:

DATE: ____/____/____ TIME: _____

DOCTOR: _____

Oakville Clinic
710 Dorval Drive, Suite 202
Oakville, Ontario L6K 3V7
Tel: (905) 607-0022 | Fax: (905) 607-0013
Email: oakville@pesrudd.com

Ottawa Nepean Clinic
2 Gurdwara Road, Suite 100
Ottawa, Ontario K2E 1A2
Tel: (613) 216-1823 | Fax: (613) 216-1824
Email: ottawa@pesrudd.com

Ottawa East Clinic
1280 Old Innes Road, Suite 802
Ottawa, Ontario K1B 5M7
Tel: (613) 216-1823 | Fax: (613) 216-1824
Email: ottawa@pesrudd.com

BEFORE YOUR PROCEDURE

Purchase **2 Fleet Enemas** from any pharmacy.

Seven (7) days before your appointment:

STOP taking iron supplements (if applicable).

The night before your appointment:

Midnight (12:00am): NO food until after the procedure. CLEAR fluids only.

DAY OF YOUR FLEX SIG:

You must stop drinking CLEAR fluids three (3) hours before your appointment time

Two (2) Hours before your appointment: Use the fleet enemas one after the other.

- Empty the first enema completely and hold it for about 5 minutes before going to the toilet to empty it.
- After emptying it out, use the second enema in the same way.

The best way to administer the enemas is to lie down on your left side and have your knees brought up to your chest (fetal position). Additionally, you may ask a spouse or relative to assist you with the administration of the enemas.

If you choose to be sedated for the procedure you must arrange for a responsible adult to take you home and meet you inside the clinic. This does not include: taxi driver, Uber, Lyft, wheel trans driver, etc.

24 hours after your procedure you CANNOT:

- Drive a vehicle
- Operate heavy machinery
- Perform any business transactions
- Drink any alcohol

Please remember to:

- Wear loose fitting clothes; Leave valuables at home (phones are not valuables)
- Do not wear nail polish, hand cream, body lotion
- Bring your OHIP card
- **Optional** – An extra pair of underwear

TO CANCEL OR CHANGE APPOINTMENT

This time is reserved for you. If you have to change or cancel this appointment, you must **notify us seven (7) business days** prior to the appointment date.

OTHERWISE, YOU WILL BE CHARGED A CANCELLATION FEE.

PLEASE NOTE: appointment times are estimated, your patience and understanding is much appreciated. The office may contact you to come earlier if a slot opens up.