

## patient preparation for outpatient colonoscopy

Dear patient: Welcome to Tri-City Colonoscopy Clinic. We are very pleased to be part of your health care team. Our clinic strives to provide you with efficient, up to date, state of the art, expert colorectal screening. **Please read this document in its entirety.** If you have any questions please call 519-650-2777. Any of our staff would be happy to assist you.

### confirmation

Please confirm your appointment time at least 10 days before the procedure date (earlier is better). **If you fail to confirm your appointment, your appointment slot may be given to another patient.**

### cancellation

We require at least **7 business days' notice** when cancelling your scheduled procedure. If you fail to give us 7 business days' notice on cancelling, or if you fail to show up for the procedure, you will be charged \$250.00.

### consenting process

When you arrive for your procedure, the doctor scheduled to do the test will take time to review your medical history, explain the procedure thoroughly, and sign your consent before the colonoscopy.

Please note that you will not be able to work on the day of your procedure. **ALSO NOTE THAT YOU WILL NOT BE ALLOWED TO DRIVE FOR 24 HOURS AFTER YOUR TEST.** This is the law. The drugs you will be given to sedate you for the procedure interfere with your ability to focus and operate a motor vehicle. **You will need to make arrangements to have someone drive you home after your procedure. Even if you are taking a taxi, you MUST be accompanied by a responsible adult.** The person accompanying you home will need to come in and walk you out of the clinic. You **cannot** leave the clinic on your own. As your safety is our first concern, there will be NO EXCEPTIONS. We require a phone number at which your driver can be contacted. It is not recommended that you travel for 7 days after your procedure.

#### You will need to buy:

- 1 box of Pico-Salax – each box has 2 packets
- 4 tablets of Dulcolax (5mg)

Prescriptions are not required. If you are over 65, or if you have a private insurance, the clinic will be happy to provide a prescription for you upon request.

#### **7 days before your procedure:**

Stop taking all Aspirin/Aspirin-related medications (Ticlid, Plavix, Motrin, Naproxen, Aleve, Advil, Ibuprofen). If you are unsure if your medication contains Aspirin, please check with your pharmacist. Stop taking iron supplements.

If you feel the need to take a painkiller for a headache, muscle aches etc., **acetaminophen** (e.g. Tylenol) is a safe option.

If you take blood thinning medications such as Warfarin, Coumadin, Heparin, Eliquis, Xarelto, or Brilinta, you will need to see one of our endoscopists in consultation first before a procedure is scheduled. This consultation can be arranged expeditiously.

**Continue all other medications as prescribed.**

### **3 days before your procedure:**

Stop taking fiber supplements – flax seed, Metamucil, etc. It is recommended that you follow a low fiber, low residue diet. Avoid all nuts and seeds, as well as foods with stalks, stems, and skin. Foods that you may eat include white bread, pasta, rice, and any kind of meat.

### **2 days before your procedure:**

Take 2 Dulcolax tablets before bed.

### **The day before your procedure:**

No solid food from the time you get up this morning until after your procedure is completed. You will be on a clear fluid diet during this time. **Remember – the more you drink, the less hungry you will feel and the more effective the laxatives will be.** Plan to drink 4-5 liters (15-20 cups) over the course of the day. Vary your fluid intake – do not just drink water. **You need some sweet and some salty fluids.** You may drink warm or cool fluids.

**Fluid suggestions:** water, apple juice, white grape or white cranberry juice, ginger ale, Gatorade, clear broths, Jell-O (not red or purple). You may drink coffee or tea without cream/milk.

**Avoid:** all alcohol, juices with pulp, dairy products, and red or purple coloured fluids.

### for morning colonoscopy appointments (before noon):

#### On the day before your procedure:

3 PM	2 DULCOLAX TABLETS
4 PM	FIRST PACKAGE OF PICO-SALAX (Mix with 150 ml of water)
10 PM	SECOND PACKAGE OF PICO-SALAX (Mix with 150 ml of water)

Continue to drink plenty of clear fluids until 2 hours before your procedure, then stop.

### for afternoon colonoscopy appointments (12pm and later):

#### On the day before your procedure:

9 PM	2 DULCOLAX TABLETS
10 PM	FIRST PACKAGE OF PICO-SALAX (Mix with 150 ml of water)

#### On the morning of your procedure:

7 AM	SECOND PACKAGE OF PICO-SALAX (Mix with 150 ml of water)
------	---

Continue to drink plenty of clear fluids until 2 hours before your procedure, then stop.

After the 2 packages of Pico-Salax, if you have been drinking enough fluids, your bowel movements will be a clear pale yellow with no solids and will almost look like urine.

**Please bring a complete and up-to-date list of all your current medications and your valid OHIP card. If you use glasses, please bring them to your appointment.** Leave valuables at home.

Please arrive **no later** than 60 minutes ahead of your scheduled procedure time. Anticipate your departure from the clinic approximately 2-2 ½ hours after your arrival.

Welcome to Tri-City Colonoscopy Clinic. We look forward to meeting you!