

## Patient Appointment Package

Patient: \_\_\_\_\_ Procedure: \_\_\_\_\_

Appointment Date: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_

We are located at:

**3545 Odyssey Dr, Unit 18,  
Mississauga, Ontario L5M 2S4**

### IMPORTANT:

- **PLEASE REPLY TO EMAIL** to confirm that you have received these instructions.
- **PLEASE READ** Preparation/Medication instructions enclosed before you begin. Follow only these instructions and not from any other source, including those that come with the preparation kit you purchase.
- **DAY OF PROCEDURE:**
  1. **DO NOT DRIVE** for 24hrs after procedure. Please ensure that someone comes with you to drive you home. Non-adherence will result in denial of sedation or cancellation of procedure.
  2. **DO NOT** take TAXI/UBER/BUS by yourself unless you are accompanied by a responsible adult. Non-adherence will result in denial of sedation or cancellation of procedure.
  3. **DO NOT** work after procedure
- **BRING:** all medications/list of medications, health card and cell phone. Leave all valuables at home.
- **WEAR:** comfortable, loose fitted clothing. **DO NOT** wear heels, tight fitted clothing, nail polish, heavy scents such as perfumes, cologne, and creams. **WE ARE A SCENT FREE CLINIC.**
- You may take a shower and brush your teeth on the day of the procedure.
- **DO NOT** use any marijuana products including vaping for 24-48hrs before the procedure.
- Please be advised that at times there may be delays due to unforeseen circumstances. We apologize for any inconvenience and appreciate your patience as we work hard to provide you with the best possible care. You may bring a book to read while you wait. Thank you for understanding.

### Cancellation Policy

We require **4 business days** cancellation notice. Please call 905-823-0223 to reschedule or cancel. Our office hours are Monday to Friday 8am to 4pm. Cancellation or rescheduling with **less than 4 business days** notice will result in a **\$150.00 charge**. We require 4 days business days in order to book someone else with adequate time to do the preparation. Thank you for understanding.

### **What is a colonoscopy?**

Colonoscopy is a procedure in which a long flexible tube is inserted through the anus in order to examine the colon and rectum for abnormalities such as polyps, ulcers and tumors. Colonoscopy will be done under sedation given by an Anesthesiologist. This is not general anesthesia. In order to ensure a successful procedure, bowel cleansing is required. This is achieved by drinking ALL the bowel preparation and drinking large amounts of extra fluids such as water. A poor preparation may

result in missed polyps and cancer. A repeat procedure may need to be done with extra bowel cleanse.

## How do I get ready for my colonoscopy?

### One Week Before the Colonoscopy:

1. In order to have a smooth bowel cleanse start a low-fibre diet.

**Avoid the following:**

- Corn
- Popcorn
- Nuts
- Seeds such as poppy, flax, sesame, etc.
- Fruits such as kiwi, raspberries, strawberries, tomatoes and any other with small seeds.
- Fibre supplements such as Metamucil®.

*\*If any seeds are left behind in the colon, they may block our instruments.\**

2. Purchase **2 boxes of Pico Salex** (4 sachets) and **Bisacodyl/Dulcolax** (3 pills).

Pico Salex is an over the counter medication available at any pharmacy. No prescription is required.

### One Day Before the Colonoscopy:

**DO NOT EAT ANY SOLID FOOD, ORANGE JUICE OR DAIRY** from the minute you wake up. Only drink clear fluids the entire day. You must drink an extra 2-3L with the bowel prep. The more you drink, the cleaner the colon!

Clear fluids include the following:

- Plain water and/or flavoured water
- Clear broth or soup
- Black tea and/or black coffee (limit 1-2 cups). **DO NOT** use milk, cream, or milk products
- Juices (no pulp) such as apple, white grape, white cranberry
- Gatorade® Powerade® Kool-Aid®
- Carbonated drinks such as ginger ale, 7-Up®, Sprite®
- Popsicles
- Plain Jell-O

**DO NOT** drink red, purple, blue, or green coloured fluids.

### Drinking the preparation:

1. At **8:00 am** take **3 Bisacodyl/Dulcolax** pills with water. Do not chew or crush the pills.
2. At **5:00 pm** dissolve one sachet of **Pico Salex in 150mL of cold water**. Drink the solution along with **one litre (4 glasses) of water** (or any other clear fluid) within one hour. Repeat with the 2nd sachet at **7:00 pm**, and 3rd sachet at **9 pm**.
3. **DRINK LOTS OF EXTRA FLUIDS!!!!!!!**
4. If you feel nauseated, you may take **Gravol**.

*\*You may have some cramping and begin to have watery bowel movements 1-2 hours after drinking the solution.\**

### Day of the Colonoscopy:

1. Continue fasting, no solid food. **Clear fluids only.**
2. **6 hours before your appointment time**, drink the second **4th sachet of Pico Saalex** the same as before. You will have to get up very early to do this. Make sure to drink lots of extra fluids. Ideal bowel prep is when your **bowel movements are clear and/or light yellow**. If it is still brown, please drink more fluids.
3. **STOP DRINKING ALL FLUIDS 2 HOURS BEFORE YOUR ARRIVAL TIME.** This includes no smoking and no gum.

**If you are having a Gastroscopy with the Colonoscopy, STOP DRINKING ALL FLUIDS 4 HOURS BEFORE YOUR ARRIVAL TIME.**

### MEDICATION INSTRUCTIONS

<b>Diabetes Medications: Oral and Insulin</b>	<ul style="list-style-type: none"> <li>• Take 1/2 the usual dose on the day before the procedure.</li> <li>• <b>DO NOT</b> take any on the day of the procedure</li> <li>• Check Blood Sugar levels throughout the duration of the preparation.</li> <li>• If reading is too low, drink clear juices to bring blood sugar up.</li> <li>• Check Blood Sugar level before arriving and provide the reading to the nurse.</li> </ul>
<b>High Blood Pressure Medication</b>	<ul style="list-style-type: none"> <li>• Take on the day of procedure, at least 1-2 hours before with a little sip of water.</li> <li>• If you take this at night, continue to take it as prescribed.</li> </ul>
<b>Iron</b>	<ul style="list-style-type: none"> <li>• <b>DO NOT</b> take iron medication 1 week before the procedure</li> </ul>
<b>Aspirin</b>	<ul style="list-style-type: none"> <li>• Take as normal unless instructed otherwise</li> </ul>
<b>Plavix</b>	<ul style="list-style-type: none"> <li>• <b>STOP</b> 4 days prior to procedure</li> </ul>

*\*All other medications can be taken after the procedure.\**