



You are scheduled for a colonoscopy on: _____ Time: _____

Your doctor is: _____

Location: Arrive at Joseph Brant Hospital, South Tower, Level 2. Plan to arrive at least 30 minutes before your scheduled appointment time.

You will not be able to drive for 24 hours after your procedure. If you are taking a taxi, you must ensure you have a responsible adult to accompany you home (not the taxi driver).

Please remove all jewelry and body piercings prior to coming for your colonoscopy. Metal interferes with cautery and may cause burns.

Red Cross, at (905) 637-5664, may provide transportation to and from your appointment if required. Transportation via Red Cross must be organized and booked well in advance of your appointment at Joseph Brant Hospital.

Please bring with you a list of all your medications, your health card, pre-anesthetic form, and consent form
Please leave all valuables at home

Blood Thinners:

Stop your Plavix (clopidogrel), or Brillinta (ticagrelor), or Coumadin (warfarin), 5 days before your appointment.

Last dose: _____

Stop your Pradaxa (dabigatran), Xarelto (rivaroxaban), or Eliquis (apixaban), 3 days before your appointment.

Last dose: _____

Diabetes:

Diabetes tablets (pills) – Do not take diabetes pills the night before or on the morning of your procedure.

Insulin – take only half (1/2) of your dose the night before the test. Do not take insulin the morning of the test.

Please continue to check your blood sugar while prepping, and on the morning of your test.

Medications:

Take all other medications as usual including inhalers (puffers) and ASA (Aspirin). You may take your medications with sips of water the morning of the test.

Iron supplements – stop taking 5 days before your test.



3 days before the test:

Purchase the following from your pharmacy:

- 2 tablets of Dulcolax (2 tablets = 10mg)
- 4L of PEG-Lyte bowel prep
- Stop taking any fibre supplements (psyllium, Metamucil) and avoid nuts/seeds

Two days before the procedure:

Take the two Dulcolax pills (10mg in total) at night.

Day before test:

1. You may have only clear fluids. **Clear fluids** include: water, clear juices, clear broth, coffee or tea (no milk), soft drinks, Jell-O, Gatorade (not red), popsicles. Do not limit yourself to water during your prep. Try to incorporate other clear fluids to prevent dehydration or electrolyte imbalances.
2. Obtain 4L of PEG-Lyte bowel prep. After drinking, you will have diarrhea-type bowel movements. When taking the prep you may continue to drink clear fluids until 3 hours before your procedure.
3. Begin taking the first 2L of PEG-Lyte at **7pm** the **day before** the procedure, and continue to consume it as per the package instructions.

Note: The remaining 2L of PEG-Lyte will be taken the morning of the procedure.

Day of the test:

Take the second 2L of PEG-Lyte the **morning of the procedure**. The PEG-Lyte solution, and other clear fluids, can be consumed until 3 hours before your scheduled procedure. Ensure you begin the second 2L of PEG-Lyte early enough in the morning to complete it 3 hours before the procedure.

Three hours before your test do not have anything to eat or drink (including gum and candy) until after the procedure.

The bowel is fully clean when you are passing clear yellow liquid, similar to the colour of urine.

If your bowel movements are still solid at the time of your procedure you may need to be rescheduled.

Important:

Endoscopy appointments are a limited resource. If you need to reschedule or cancel your appointment, please contact your physician's office **no later than 48 hours** before your scheduled appointment time. If you cancel your appointment less than 48 hours before your scheduled appointment time, a fee may be charged to you by your physician's office.