

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, and the pre-anesthetic 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: _____

You will be advised after your procedure when you can safely restart your blood thinners.

Diabetes:

Diabetes tablets (pills) – Do not take diabetes pills the night before and on the morning of the 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 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 and Fibre – 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)
- 1 box of Pico-Salex/Purg-Odan – contains 2 packages
- Stop taking any fibre supplements (psyllium, Metamucil) and avoid nuts/seeds

Day before test:

1. You may have a solid breakfast before 10:00am, but afterwards only clear fluids are permitted until 3 hours before your test appointment.

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. At 5:00pm, take 2 tablets of Dulcolax (10mg).

3. At 7:00pm, begin the Pico-Salax/Purg-Odan:

- Mix the contents of 1 package of Pico-Salax/Purg-Odan with 150mL (5oz) cold water (stir until dissolved)
- Drink the mixture.
- After, drink 4 large glasses of clear fluids (250mL/8oz each) over the next 1-2 hours.

It is important to drink enough clear fluids (not just water) to prevent dehydration or electrolyte imbalances.

- Once you start drinking the bowel prep, you may develop loose bowel movements within several hours. This may keep you awake during the night and cause explosive diarrhea or fecal incontinence (stay close to a toilet). It is important for the bowel to be clean to improve polyp detection. Prep may rarely cause nausea or vomiting.

Day of the test:

Mix the contents of 1 package of Pico-Salax/Purg-Odan with 150mL (5oz) cold water (stir until dissolved)

- Drink the mixture.
- After, drink 4 large glasses of clear fluids (250mL/8oz each) over the next 1-2 hours.

It is important to drink enough clear fluids (not just water) to prevent dehydration or electrolyte imbalances.

Stop drinking all liquids 3 hours before your appointment time (including gum and candy).

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.