

SOUTHERN ONTARIO ENDOSCOPY CENTRE

Patient Instructions Colonoscopy Preparation

Date of Procedure: _____

Arrival Time: _____

6124 Tecumseh Road East
(Corner of Tecumseh & Jefferson)
Phone: 519-915-9494

(Please bring your health card to this appointment)

**PLEASE CALL OUR OFFICE ONE WEEK PRIOR
TO CONFIRM YOUR APPOINTMENT.**

*Since there is a high demand for endoscopy procedures, there will be a fee of \$150.00 for no show and cancellations less than 5 business days prior to the appointment.

Preparation kits are available to purchase at the clinic **for cash only**. We will provide you with a receipt for reimbursement from your drug benefit plan if applicable. Prep kits are also available for purchase at your pharmacy. Please get your preparation kit no later than one week prior to your procedure.

HOW TO GET READY

Purchase from Southern Ontario Endoscopy Centre or over the counter from your pharmacy:

■ Bi-PegLyte (package will contain 2 – 70 g sachets and 3 Bisacodyl tablets)

ONE DAY PRIOR TO PROCEDURE:

Starting the day before your procedure, consume only clear fluids (no food). Drinking plenty of clear fluids, such as water, apple juice, pop, coffee, tea, Gatorade, chicken broth and jello-O will help clean the colon. Avoid any fluids that are red, blue, purple or green in colour. Have yellow or orange only. **NO DAIRY PRODUCTS.**

Mix both sachet of Bi-PegLyte 3350 in 1L of water and refrigerate (you should have two 1L solutions chilled – chilling in the fridge improves the taste).

At 3:00pm on _____ take 3 Bisacodyl tablets.

Drink all of solution #1 at 6:00 pm (finish all within one hour)

DO NOT DRINK
ONLY WATER!



DRINK PLENTY
OF FLUIDS!

DAY OF PROCEDURE:

On the morning of the procedure drink solution #2. Drink this solution five hours prior to procedure _____ (finish all within one hour)

Start fasting (nothing to eat or drink) 5 hours prior to procedure arrival time or else your case may be cancelled. Do not chew gum, suck on candy or smoke.

Diabetics:

DAY PRIOR TO PROCEDURE - Take only ½ the dose of your oral hypoglycemic or insulin medication.

Do not take insulin or oral diabetic medications the morning of your procedure.

TAKE YOUR REGULAR BLOOD PRESSURE AND HEART MEDICATIONS with a small sip of water.

DO NOT TAKE Blood Thinners.

- All vitamins, supplements (herbal) and iron – stop **7 days prior to procedure**
- Blood thinners such as Plavix, Clopidogrel, Ticlid – stop **7 days prior to procedure**
- Coumadin (Warfarin) - stop **5 days before**.
- Xarelto, Eliquis and Pradaxa only need to be stopped for **24 hours prior** to procedure.

Please make sure you wear comfortable clothing such as jogging pants with an elastic waist band to this appointment. We need access to your arms so please wear a t-shirt. You may also bring an extra pair of pants. Please **no boots, jeans or long sleeve shirts**.