Patient Instructions Colonoscopy Preparation



6124 Tecumseh Road East

(Corner of Tecumseh & Jefferson) Phone: 519-915-9494 Date of Procedure:

Arrival Time: _____

(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 <u>no later than one week</u> 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)

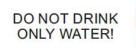
ONE DAY PRIOR TO PROCEDURE:

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. <u>Have yellow or orange only</u>. **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)









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)

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

Diabetics:

DAY PRIOR TO PROCEDURE - Take only ¹/₂ 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.**