

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

# SOUTHERN ONTARIO ENDOSCOPY CENTRE

## COLONOSCOPY

Date of Procedure: \_\_\_\_\_

Arrival Time: \_\_\_\_\_ Please bring valid health card to this appointment.

\*\* Since there is a high demand for endoscopy procedures, there will be a fee of **\$150.00** for cancellations less than 5 business days prior to the appointment\*\*

PLEASE CALL THE OFFICE ONE WEEK PRIOR TO CONFIRM APPOINTMENT.  
If confirmation is not obtained and/or instructions not picked up your procedure may be cancelled at the clinic's discretion.

**WE ASK THAT YOU WEAR A MASK WHILE IN THE BUILDING. PLEASE HAVE YOUR RIDE WAIT IN THEIR VEHICLE. WE WILL CALL THEM WHEN YOU ARE READY TO LEAVE. WE WOULD PREFER TO HAVE ONLY THE PATIENT COME INSIDE FOR THEIR APPOINTMENT.**

Preparation Kits are available for sale at the clinic for \$35.00 cash – although not mandatory to be purchased from our facility. 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 ask your pharmacist for 3 Bisacodyl (5mg), 3 Purg-Odan Sachet and Ovol chewables (80mg). Please get your prep kit no later than one week prior to procedure.

You will not be permitted to drive after undergoing your procedure. Please arrange for a ride home. You must have an adult accompany you. Since you receive sedation for your procedure, your judgment may be diminished. You must not drive, operate machinery or participate in activity that requires your normal judgment. You will not be able to return to work on the day of the procedure.

If you do not speak, read or write English you must have a translator with you throughout the procedure. Forms will be completed upon check in.

**Please bring reading glasses if you require them.**

**PLEASE READ AND FOLLOW ALL THESE INSTRUCTIONS CAREFULLY TO ENSURE THE HIGHEST LEVEL OF SAFETY AND EFFECTIVENESS.**

## 7 DAYS PRIOR TO COLONOSCOPY

**PLEASE CONSULT PHYSICIAN BEFORE STOPPING YOUR 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**.

## 3 DAYS PRIOR TO COLONOSCOPY

Do not eat any foods containing nuts, corn, multigrain, berries, grapes or seeds.

## 1 DAY PRIOR TO COLONOSCOPY

- **NO SOLID FOOD.**
- **No dairy products (milk or cream).**
- **No food allowed – DRINK PLENTY OF CLEAR FLUIDS THROUGHOUT THE DAY. Drink a minimum of 2L of fluids to ensure you stay hydrated.**  
EXAMPLE: broth, water, apple juice, white grape juice, tea, coffee (no cream or milk), pop, Gatorade, jello (orange or yellow only).

### Morning Appointment:

\_\_\_\_\_:

8:00 am – Take all 3 Bisacodyl (small orange pill)  
4:00 pm – 1 Purg-Odan sachet  
8:00 pm – 1 Purg-Odan sachet  
11:00 pm – 1 Purg-Odan sachet & chewable white Ovol

### Afternoon Appointment:

\_\_\_\_\_:

8:00 am – Take all 3 Bisacodyl (small orange pill)  
4:00 pm – 1 Purg-Odan sachet  
8:00 pm – 1 Purg-Odan sachet  
6:00 am – 1 Purg-Odan sachet & chewable white Ovol

**DO NOT HAVE ANYTHING TO DRINK SIX HOURS PRIOR TO PROCEDURE**

This can result in a delay in your procedure.

**\*In a mug, dissolve the contents of 1 sachet in 150 ml (5 oz) of COLD water. Stir for 2-3 minutes and drink the solution. If it becomes hot, wait until it cools before you drink it.**

- **DIABETICS** – check your blood sugar levels regularly.  
On the day of bowel preparation \_\_\_\_\_
  - Take ½ the dose of your insulin/oral hypoglycemic medication.

## DAY OF COLONOSCOPY

**BE SURE TO TAKE YOUR REGULAR BLOOD PRESSURE AND HEART MEDICATIONS** with a small sip of water. **DO NOT TAKE** Blood Thinners.  
*(Please do not skip your regular blood pressure or heart medication)*

- **NO SOLID FOOD** on the day of the procedure.
- You may have clear fluids only up to **SIX** hours prior to procedure
- **DIABETICS:** Delay morning diabetic medication until after the completion of the colonoscopy.
- **ASTHMA/COPD:** Bring your inhalers with you to your appointment.
- **DO NOT CONSUME ANY ALCOHOL DAY OF PREPARATION OR DAY OF PROCEDURE.**

Please make sure you wear comfortable clothing such a jogging pants or something with an elastic waist band to this appointment. We need access to your arms so please wear a t-shirt. You may also want to bring an extra pair of pants.

**Please no boots, jeans or long sleeve shirts.**

Diabetic Patients:

- Test blood sugars before and 2 hours after each meal (clear fluids), as well as before bedtime (a total of 7 times per day during your prep).
- Test more frequently if required (Ex: if you feel symptoms of hypo/hyperglycemia.)
- To prevent low blood sugars and stay properly nourished, you must get your carbohydrate intake through fluids.
- Feel free to contact the clinic with any questions regarding your diabetes.

**IF YOU ARE EXPERIENCING ANY SYMPTOMS, OR HAVE BEEN IN CONTACT WITH OTHERS THAT ARE EXPERIENCING SYMPTOMS RELATED TO COVID-19**

**SUCH AS:**

**FEVER, COUGH, SHORTNESS OF BREATH, CHILLS  
PLEASE NOTIFY THE CLINIC AS SOON AS POSSIBLE.**

Monday, Tuesday, Wednesday 8am – 3:30 pm

Thursday/Friday – Hours vary. Please call.

Closed on all weekends and holidays.

Hours are subject to change without notice.

Although complications are rare, colonoscopy is a medical procedure that does carry with it possible risks and rare complications.

Those risks and complications include but not limited to:

- Hemorrhage (Bleeding)
- Perforation (puncture) of the bowel requiring emergency operative intervention.