

COLONOSCOPY INSTRUCTIONS

BE PREPARED and Your Colonoscopy Experience will be a Successful One!

BEFORE YOUR PROCEDURE YOU MUST:

Your colon needs to be completely empty for the doctor to see the lining clearly. You will need to purchase an oral bowel cleanser well before your procedure (the name of the cleanser is Bi-Peglyte). The Prep can be found at your local pharmacy or you can pick it up from the clinic. Failure to properly prepare will result in an incomplete colonoscopy and a re-peat will be scheduled.

MEDICATIONS

If you are on any of the following medications, you will need to stop taking them for a period of time.

STOP TAKING

- Aspirin and Entrophen 7 days before procedure
- Anti-inflammatory 7 days before procedure
- Iron Pills 7 days before procedure
- Clopidogrel (Plavix) 7 days before procedure
- Ticlopidine (Ticlid) 3 days before procedure
- Coumadin (Warfarin) 5 days before you procedure (speak to your cardiologist before stopping) and get an INR test done the afternoon before your test. Have your lab fax us the results and do not schedule a Monday Appointment.

Attention Diabetics

- Take only HALF of your regular diabetic medication the day before the procedure. This includes oral medications and Insulin.
- On the day of the procedure do not take your diabetic medication until after your procedure is completed and you have had something to eat. You may then return to your regular dose of diabetic medication.
- You must make an early morning appointment.

Take all other medications (not listed above), as regularly prescribed, with a small sip of water.

TWO DAYS BEFORE PROCEDURE:

- DO NOT take any food containing seeds and nuts (such as breads, granola bars, etc.)
- DO NOT drink any alcohol
- Purchase your bowel prep/cleanser
- Purchase clear **non** red/blue colored drinks with electrolytes (ie: Gatorade, juices such as apple, ginger ale, white grape or white cranberry) * this will help avoid dehydration, faintness and dizziness.

ONE DAY BEFORE PROCEDURE:

- DO NOT EAT; clear fluids only
- Take only CLEAR fluids that include: water, juices such as apple juice, white grape juice, white cranberry juice, gatorades (no red or blue juices) black coffee or tea is fine without milk. Drink at least 4 liters of liquid throughout the day to help flush out your bowel and keep you hydrated.
- Start the BOWEL PREP **as per instructions attached** to your email
- Drink plenty of fluids until 4 hours before your procedure. Example: If your appointment is at 1:00pm, you must STOP drinking fluids at 9:00am.

DAY OF PROCEDURE:

- STOP ALL DRINKING 4 hours before your procedure
- Arrive 15 minutes prior to your appointment with a responsible adult to drive you home (YOU are not to drive 24 hours after having this test)
- Bring your filled out questionnaire (can also be found on www.endoscopy-clinic.com)
- You will be with us for at least 2 hours (admission, procedure and recovery time)
- You will be able to resume a normal diet as per doctor's instructions after the procedure; refer to your "after procedure" documents given at discharge

If you have any questions regarding the preparation or procedure please visit

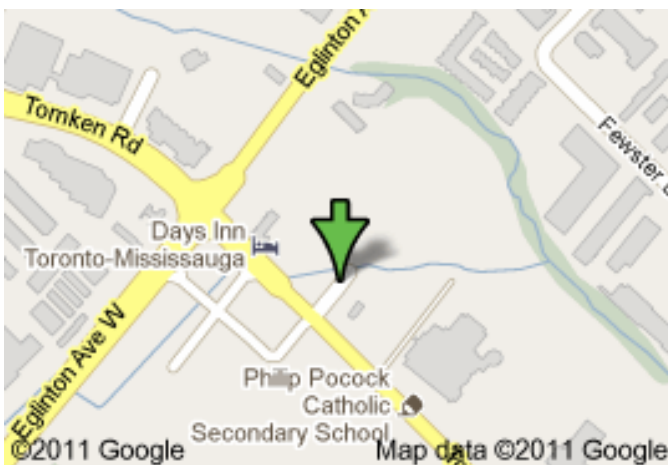
www.endoscopy-clinic.com or call 416 626-2100 or 416 621-4343.

REMINDERS

- ✓ Remove all jewellery and a nail polish
- ✓ Do not bring any valuables that could become misplaced
- ✓ Wear comfortable clothing
- ✓ Arrive 15 minutes before your scheduled appointment
- ✓ Bring a valid Ontario health card
- ✓ Bring a Driver or arrange for someone to pick you up after the procedure.
(Please have your driver drop you off and return after 45 minutes, the waiting area can get busy and cannot accommodate numerous patrons).

DATE: _____

TIME: _____



At the corner of Tomken Rd. and Eglinton Ave. east. Opposite the Tim Hortons and Pizza Nova. Drive into the business plaza and the clinic is at the end where the tall red & black glass building is – UNIT 122-123 1065 Canadian Place. 416 626-2100.

Our Commitment is simple: To provide the *highest quality care*, in a welcoming and comfortable environment with exceptional staff

Thank you & we look forward to being your partners in your digestive screening.

