

In the Wanless Plaza. Brampton Endoscopy Centre  
10886 Hurontario Street.N. Suite A7. L7A-3R7  
905-495-5200

## COLONOSCOPY

PATIENTS NAME \_\_\_\_\_

DATE OF PROCEDURE \_\_\_\_\_

REPORTING TIME \_\_\_\_\_ PROCEDURE TIME \_\_\_\_\_

***N.B. Patients are required to confirm this appointment at least 2 WEEK prior to the appointment. Your co-operation is appreciated,***

**THERE WILL BE A \$200 CHARGE FOR CANCELLATIONS LESS THAN 5 DAYS PRIOR TO THE APPOINTMENT DATE**

Please ensure that you have made arrangements to have someone else *drive* you home after this procedure as you will have had sedation and will not be allowed to drive yourself home.

- Stop Coumadin (Warfarin) 4 days prior to the procedure.
- Continue all other regular medications unless you are diabetic. Diabetic's take only half of your usual dose of medication on prep day and none on the day of the procedure.
- Avoid eating any seeds and grains (e.g. sunflower seeds) 3 days prior to the procedure
- Please notify your physician before the procedure if you have any allergies to drugs.

GASTROSCOPY ONLY: Follow instructions for diabetic and other medications including BLOOD THINNERS as above. **STOP ALL SOLIDS AFTER SUPPER.** Not even water after midnight except to swallow blood pressure, stroke and heart pills.

COLONOSCOPY: A colonoscope is a long flexible tube that is about the thickness of a finger. It is inserted through the rectum into the large intestine (colon) and allows the doctor to carefully examine the lining of the colon. The causes of symptoms such as rectal bleeding or change in bowel habits may be found by colonoscopy. Through the colonoscope, the doctor can take a biopsy (a small piece of tissue) and remove polyps for examination in the laboratory.

### HOW TO PREPARE

- Purchase PICO-SALAX and 4 Tablets of DULCOLAX from any pharmacy.
- *On the day before your procedure:* Your last solid meal should be breakfast (before 8 am) and then you should remain on a clear fluid diet until your procedure is over. Clear fluids include apple juice, cranberry juice, coffee and tea without milk, clear soups *and* broths, beef or chicken cubes, Jello, Sprite, ginger ale. Take 2 Tablets of DULCOLAX at 6 PM and drink one sachet of PICO-SALAX. You can put this into a glass of cold water and drink it. Wait for half an hour and then drink at least 4-6 glasses of water over the next two to three hour. Cramps and diarrhea can be expected.
- *On the day of your procedure:* Drink the Second sachet of PICO-SALAX with 2 DULCOLAX tablets 6 hrs BEFORE your scheduled procedure time. Early Morning appt. take remaining 2 tablets and Pico-Salax 11PM night before test.

Drink at least 4-6 glasses of water after this. Stop drinking 2 hours prior to test. Remember to remain on a clear fluid diet until your procedure is over.

### WHAT TO EXPECT

- You will be given medication to relieve pain and relax the colon.
- The colonoscope will be inserted through the rectum into the large intestine to carefully examine the lining of the colon.
- The examination takes about 15 minutes but in some cases can take up to 45 minutes.
- Following the procedure, you will be taken to the recovery area for approximately 1 hour.

### AFTER THE PROCEDURE

- You may resume your usual diet and activity.
- The result of your biopsies (if taken) will be available in approximately 2-3 weeks.