

Wanless Plaza, Brampton Endoscopy Centre  
10886 Hurontario Street, North, Suite A7, L7A-3R9  
905-495-5200, Ext 9  
yourhealth@bramptonendoscopy.com

## COLONOSCOPY or BOTH (colonoscopy and gastroscopy)

PATIENT NAME: \_\_\_\_\_

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

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

**STOP drinking all clear fluids  
at least 4 hours prior to  
scheduled appointment.**

### **\$150 CANCELLATION FEE IF LESS THAN 4 BUSINESS DAYS BEFORE APPOINTMENT**

- VOICEMAILS OR EMAILS ARE NOT ACCEPTABLE! 905 495 5200 EXT #9
- YOU MUST SPEAK DIRECTLY TO RECEPTIONIST

### **RIDE ARRANGEMENT IS MANDATORY!** You are not allowed to drive for **24 hours** after procedure

- Taxi/Uber is not allowed unless accompanied by an adult – 16 years of age and older

- **Stop ALL BLOOD THINNERS (ANTICOAGULANTS) 5 days before the procedure.**  
Blood thinner example: Warfarin (coumadin) must stop 5 days before!!
- Stop Oral Iron 5 days before colonoscopy.
- If you have HIGH BLOOD PRESSURE:  
Continue regular blood pressure medication(s) – with small sip (less than 20ml) of water.  
**4 HOURS BEFORE YOUR APPOINTMENT TIME.**
- Continue all other regular medications unless you are diabetic.
- DIABETIC: since you will not be eating food on procedure day, you do not need to take medication.
- NO eating any seeds, grains, corn or leafy vegetables 3 days prior to the procedure.

### **\*NO CANNABIS AND ALCOHOL CONSUMPTION 48HRS BEFORE PROCEDURE\***

### **WHAT IS A 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) allowing the doctor to carefully examine the lining of the colon. The causes of symptoms such as rectal bleeding or change in bowel habits/movement may be found by undergoing a colonoscopy. Through the colonoscope, the doctor can take a biopsy (a small tissue piece) and remove polyps for examination in the lab.

### **WHAT TO EXPECT**

- You will be sedated for this procedure and given medication to relieve pain and relax the colon.
- The procedure takes between 15 - 45 minutes. Delays may occur at times when providing quality care. Your patience is appreciated.
- After procedure, you will be taken to the recovery area for approximately 1 hour.

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### **PREPARATION INSTRUCTIONS: HOW TO PREPARE FOR YOUR PROCEDURE:**

**\*\*\*Drink 500ml to 1 liter of Gatorade/Powerade or water after both doses of laxatives\*\*\***

Purchase 8 tablets 5 mg each of DULCOLAX (Bisacodyl) AND 1 Box (2 sachets) of PICO-SALAX or PURGODAN from any pharmacy.

### **IF YOUR PROCEDURE APPOINTMENT IS BOOKED BETWEEN 8AM - 12:30PM**

***On the day BEFORE your procedure:*** Your last solid meal should be a light breakfast (before 8 am). You are required to remain on a clear fluid diet until your procedure is over.

**DO NOT EAT SOLID FOOD UNTIL YOU HAVE COME TO THE CLINIC AND FINISHED THE PROCEDURE!**

• **4 PM** take 4 Tablets of DULCOLAX. **6 PM** drink one sachet of PICO-SALAX or PURGODAN. 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 few hours. **9 PM** drink second sachet of PICO-SALAX or PURGODAN & 4 DULCOLAX tablets.

• Drink at least 4-6 glasses of fluids after taking the laxatives.

**\*\*\*\*\*Stop drinking all clear fluids 4 hours prior to the test.**

• Remember to remain on a clear fluid diet until your procedure is over.

• Cramps and diarrhea can be expected, GRAVOL can be taken if needed.

**CLEAR FLUID DIET:** includes water, apple juice, pineapple juice without chunks, black coffee and tea without milk or cream, clear soups and broths, Jell-O, popsicles, sprite, ginger ale, Gatorade or Powerade  
\*Gatorade or Powerade must be clear or yellow coloured!

**\*\*\*(DO NOT CONSUME:** red, purple or blue coloured fluids, no milk or cream and no orange juice).

### **IF YOUR PROCEDURE APPOINTMENT IS BOOKED 1PM OR LATER**

***On the day BEFORE your procedure:*** Your last solid meal should be a light breakfast (before 12pm). You are required to remain on a clear fluid diet until your procedure is over.

**DO NOT EAT SOLID FOOD UNTIL YOU HAVE COME TO THE CLINIC AND FINISHED THE PROCEDURE!**

• **4 PM** take 4 Tablets of DULCOLAX. **6 PM** drink one sachet of PICO-SALAX or PURGODAN. 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 few hours.

***On the day of your procedure:*** **6 AM** drink second sachet of PICO-SALAX or PURGODAN and 4 DULCOLAX tablets. Drink at least 4-6 glasses of fluids after this. Stop drinking fluids 4 hours prior to the test. Remember to remain on a clear fluid diet until your procedure is over. Cramps and diarrhea can be expected, GRAVOL can be taken if needed.

**\*\*\*\*\*Stop drinking all clear fluids 4 hours prior to the test.**

• Remember to remain on a clear fluid diet until your procedure is over.

• Cramps and diarrhea can be expected, GRAVOL can be taken if needed.

### **WHAT TO EXPECT AFTER THE PROCEDURE**

• You may resume your usual diet (avoid greasy or spicy as the first meal) and activity. No drinking alcohol/smoking marijuana or operating a motor vehicle for 24 hours.

• The result of your biopsies (if taken) will be available in approximately 3-4 weeks.