

**Please keep these instructions until then.**

If you do not show up for your appointment, you are automatically cancelled and will need to restart the process with your family doctor.

**You must make arrangements for a responsible adult (with a full driver's license) to drive you home after your scope.** Without this arrangement we may choose to cancel your scope that morning.

Leave **all** jewellery (rings, chains, earrings, watches) at home. This includes **all** body piercings. Please wear eye glasses vs contacts for that day.

The Pre-Op Nurse will be calling you approximately 1 week prior to your procedure. If she calls you and leaves a message **please call her back.**

**Diabetic Patient:** Please **DO NOT** take diabetic pills on the day of your bowel preparation or the morning of your procedure. **If you are on insulin, check with your family doctor as you may need to reduce your dose on the day of the preparation.** DO NOT take your insulin the morning of your colonoscopy, but bring it with you. IF you take Ozempic, hold the dose prior to the scope date

**Important Consideration:**

Some medications will increase your risk of bleeding with surgery and so you should:

- **Stop** Ibuprofen, Advil, arthritis medications **5 days before your scope.**
- **Stop** all vitamins, herbal medications and supplements **5 days before your scope.**
- **Warfarin** or other blood thinner medications – discuss with the pre-op nurse, she will call you the week before your scope, how to manage these medications.
- **ASA (Aspirin)** – Discuss this with the pre-op nurse whether or not you need to stop **5 days before the scope.**

If you have had a previous **cardiac stent**, you should **NOT** stop your ASA

<b><u>Acceptable Fluids for Prep Day:</u></b>	<b><u>Unacceptable Food and Fluids for Prep Day:</u></b>
<ul style="list-style-type: none"><li>➤ Clear soup broth or bouillon</li><li>➤ Apple juice, white grape juice, white cranberry juice, 7Up, ginger ale</li><li>➤ Clear or lemon Gatorade/PowerAde</li><li>➤ Water</li><li>➤ Coffee or Tea (sugar and sweetener are okay)</li><li>➤ Lemon, Peach or Orange Jell-O</li></ul>	<ul style="list-style-type: none"><li>➤ <b>No</b> bread, grain or rice</li><li>➤ <b>No</b> soups with chunks of food</li><li>➤ <b>No</b> meat</li><li>➤ <b>No</b> fruit or vegetables</li><li>➤ <b>No</b> milk or dairy products</li><li>➤ <b>No</b> red, blue or purple liquid</li><li>➤ <b>No</b> alcoholic drinks</li></ul>

There are 2 laxatives to purchase: **Dulcolax tabs and Pico-Salax.**

**Two (2) days** prior to your procedure \_\_\_\_\_ take two (2) Dulcolax (Bisacodyl) tablets at **5:00 pm**. If you are generally a person whom is constipated or have been told you have diverticular disease, please take two (2) Dulcolax tablets at 5:00pm three (3) days prior to your procedure as well. If you are nauseated during your prep, take Gravol. If you have a headache, take Tylenol.

<p><input type="checkbox"/> <b>REGULAR BOWEL PREPARATION</b></p> <ul style="list-style-type: none"><li>• <u>The day prior to your colonoscopy:</u> _____</li><li>• Do not eat any solid foods.</li><li>• Drink only clear fluids. These are liquids that you can see through.</li><li>• Take your bowel preparation as described in our instructions (not the instructions that come with Pico – Salax).</li><li>• Try to drink one (1) glass of clear fluid each hour you are awake.</li><li>1. At <b>5:00 pm</b> mix 1 package of Pico Salax with 2/3 cup of cold water, stir for 2-3 minutes and then drink. You must drink 3 liters (12 cups) of clear fluids over the next 2-3 hours. <b>DO NOT DRINK ONLY WATER.</b></li><li>• At <b>10:00 pm</b>, mix the 2<sup>nd</sup> package of Pico Salax with 2/3 cup of cold water, stir for 2-3 minutes and then drink.</li><li>• You must drink 3 liters (12 cups) of clear fluids in the next 2-3 hours.</li><li>2. <u>The day of your colonoscopy:</u> _____</li><li>• Do not eat any solid foods.</li><li>• Drink only water.</li><li>• <b>3 hours prior</b> to your arrival time at the hospital, stop drinking fluids</li></ul>	<p><input type="checkbox"/> <b>SPLIT BOWEL PREPARATION</b></p> <ul style="list-style-type: none"><li>• <u>The day prior to your colonoscopy:</u> _____</li><li>• Do not eat any solid foods.</li><li>• Drink only clear fluids. These are liquids that you can see through.</li><li>• Take your bowel preparation as described in our instructions (not the instructions that come with Pico – Salax).</li><li>• Try to drink one (1) glass of clear fluid each hour you are awake.</li><li>1. At <b>10:00 pm</b> mix 1 package of Pico Salax with 2/3 cup of cold water, stir for 2-3 minutes and then drink. You must drink 3 liters (12 cups) of clear fluids in the next 2-3 hours. <b>DO NOT DRINK ONLY WATER.</b></li><li>2. <u>The day of your colonoscopy:</u> _____</li><li>• Do not eat any solid foods.</li><li>• Drink only clear fluids.</li><li>3. At <b>5:30 am</b>, mix the 2<sup>nd</sup> package of Pico Salax with 2/3 cup of cold water, stir for 2-3 minutes and then drink. You must drink 3 liters (12 cups) of clear fluids (no coffee or tea) in the next 2-3 hours.</li><li>• <b>3 hours prior</b> to your arrival time at the hospital, stop drinking fluids</li></ul>
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