

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 drivers 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

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

There are 2 laxatives to purchase: **Dulcolax (Bisacodyl) tabs and Peg-Lyte (Golyte/Colyte).** **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"/> REGULAR BOWEL PREPARATION</p> <ul style="list-style-type: none"> • <u>The day prior to your colonoscopy:</u> <hr/> <ul style="list-style-type: none"> • Do not eat any solid foods. • Drink only clear fluids. These are liquids that you can see through. • Take your bowel preparation as described in our instructions (not the instructions that come with Peg-Lyte). • Try to drink one (1) glass of clear fluid each hour you are awake. • Mix the jug of Peg-Lyte with 4 liters of water or 1 liter of water to each package of Peg-Lyte and refrigerate. <ol style="list-style-type: none"> 1. At 5:00 pm, drink 2 liters of Peg-Lyte over 2 hours (a glass every 15 mins). Do Not drink other fluids at this time as it dilutes the product and is not as effective. If you are nauseous, use Gravol. • At 10:00 pm, drink the remainder 2 liters of Peg-Lyte (a glass every 15 mins) . <ol style="list-style-type: none"> 2. <u>The day of your colonoscopy:</u> <hr/> <ul style="list-style-type: none"> • Do not eat any solid foods. • Drink only water. • 3 hours prior to your arrival time at the hospital, stop drinking fluids 	<p><input type="checkbox"/> SPLIT BOWEL PREPARATION</p> <ul style="list-style-type: none"> • <u>The day prior to your colonoscopy:</u> <hr/> <ul style="list-style-type: none"> • Do not eat any solid foods. • Drink only clear fluids. These are liquids that you can see through. • Take your bowel preparation as described in our instructions (not the instructions that come with Peg-Lyte). • Try to drink one (1) glass of clear fluid each hour you are awake. • Mix the jug of Peg-Lyte with 4 liters of water or 1 liter of water to each package of Peg-Lyte and refrigerate. <ol style="list-style-type: none"> 1. At 10:00 pm, drink 2 liters of Peg-Lyte over 2 hours (a glass every 15 mins). Do Not drink other fluids at this time as it dilutes the product and is not as effective. If you are nauseous, use Gravol. 2. <u>The day of your colonoscopy:</u> <hr/> <ul style="list-style-type: none"> • Do not eat any solid foods. <ol style="list-style-type: none"> 3. At 5:30 am, drink the remainder 2 liters of Peg-Lyte (a glass every 15 mins). • 3 hours prior to your arrival time at the hospital, stop drinking fluids
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------