

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 they call you and leave a message **please call them 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 Pico-Salax (Purgodan).**

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.

<div><input type="checkbox"/> REGULAR BOWEL PREPARATION</div> <div><ul style="list-style-type: none">• <u>The day prior to your colonoscopy:</u> _____• 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 Pico – Salax).• Try to drink one (1) glass of clear fluid each hour you are awake.1. At 5:00 pm 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. DO NOT DRINK ONLY WATER.• At 10:00 pm, mix the 2nd 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.2. <u>The day of your colonoscopy:</u> _____• Do not eat any solid foods.• Drink only water.• 3 hours prior to your arrival time at the hospital, stop drinking fluids</div>	<div><input type="checkbox"/> SPLIT BOWEL PREPARATION</div> <div><ul style="list-style-type: none">• <u>The day prior to your colonoscopy:</u> _____• 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 Pico – Salax).• Try to drink one (1) glass of clear fluid each hour you are awake.1. At 10:00 pm 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. DO NOT DRINK ONLY WATER.2. <u>The day of your colonoscopy:</u> _____• Do not eat any solid foods.• Drink only clear fluids.3. At 5:30 am, mix the 2nd 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.• 3 hours prior to your arrival time at the hospital, stop drinking fluids</div>
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