

## Colonoscopy General Info

Your appointment is on: \_\_\_\_\_ at: \_\_\_\_\_ AM/PM

Location: Endoscopy Clinic: 1<sup>st</sup> Floor, room 1G601, Credit Valley Hospital

### What is a Colonoscopy?

A colonoscopy is a procedure used to diagnose diseases like polyps, colon cancer, colitis and diverticulosis. A colonoscope is a thin, flexible tube which is passed through the rectum into the colon to allow the doctor to look at the lining of the colon. A tiny video camera is attached to the tip of the colonoscope which sends images to a video monitor. If any abnormality is found, a biopsy or polyp removal (polypectomy) may be performed.

For your comfort, you will be given sedative medication which will relax you and make you sleepy.

For safe and effective examination of your colon, it must be completely empty of stool on the day of your procedure. This document provides a step-by-step guide on how to cleanse your colon and prepare for your appointment.

### Important Things to Know in Advance

- Review diet, preparation and medication instructions carefully at least **1 week** before your procedure
- After sedation, **YOU MUST BE ESCORTED HOME BY AN ADULT FRIEND OR RELATIVE**. This is for your safety.
- Do not drive, operate hazardous machinery or drink alcohol for 24 hours after as you will be receiving sedation.
- Bring your health card and a piece of photo ID to your appointment
- Do not wear perfume, cologne, or scented creams as some staff and patients are highly allergic.
- Leave all your valuables, such as jewelry or money at home.
- Wear loose, comfortable clothing and shoes to your appointment.
- If you are **DIABETIC** please refer to the attached instruction sheet regarding your diabetic medications.
- **BLOOD THINNERS** need to be temporarily stopped before colonoscopy (Coumadin, Plavix, Pradaxa, Eliquis, ASA, etc..).  
Check with your family physician or cardiologist in **ADVANCE** when it is safe to hold these medications before the procedure.
- Bring the completed **MEDICATION LIST** to your appointment.
- Come 30 minutes before your appointment.
- If you have an **OSTOMY**, please bring an **EXTRA OSTOMY BAG** to your appointment as the clinic does have any.
- **\*\*It is very important to follow the directions above or your appointment may be cancelled\*\***

### Understanding the Risks

A colonoscopy is a potentially lifesaving procedure but, as with any invasive procedure, there are potential risks. (1 in 1000). Bleeding and bowel perforation requiring treatment rarely occurs. After your procedure, if you are experiencing significant pain or bleeding at home, and it is after clinic hours, please go to the nearest hospital emergency department immediately.

### Cancellation or Rescheduling

To avoid a cancellation fee, you must advise us a minimum of 10 business days in advance of your procedure.

## Getting Ready for Colonoscopy with PicoSalax Preparation

7 days before:	<ul style="list-style-type: none"> <li>• Stop eating corn, popcorn, nuts, multigrain breads, grapes, berries or any foods containing seeds</li> <li>• Stop taking fibre supplements (Metamucil)</li> <li>• Stop taking iron pills</li> <li>• Stop taking certain blood thinners (if approved by your cardiologist or family doctor) <ul style="list-style-type: none"> <li>○ Ticlid (ticlopidine)</li> <li>○ Plavix (clopidogrel)</li> </ul> </li> <li>• Purchase PicoSalax (2 packets) and 2 tablets of Dulcolax (or Bisacodyl) from any pharmacy</li> <li>• How to prepare PicoSalax: <ol style="list-style-type: none"> <li>1. Empty the contents of 1 packet into a mug or cup</li> <li>2. Add 150 ml (5 Oz) of cold water and stir for 2 – 3 minutes until dissolved</li> <li>3. Sometimes the solution becomes HOT. Wait until it cools before drinking</li> </ol> </li> </ul>	
1 day before:	<b>Morning appointment (before 1 pm)</b> <ul style="list-style-type: none"> <li>• No solid food <u>ALL DAY</u></li> <li>• Consume only clear fluids, broth/consommé, apple juice, Sprite, ginger ale, black coffee, tea without milk. You can also have Jell-O (no red, blue or purple colours)</li> <li>• At 11:00 am, take 2 tablets of Bisacodyl with water – do not chew or crush the tablets</li> <li>• At 6 pm: <ul style="list-style-type: none"> <li>○ Prepare and drink one cup of PicoSalax (as instructed above) followed by 2 to 4 glasses of any clear liquid every hour for a total of at least 2L</li> <li>○ The more fluids you drink, the better this prep works</li> <li>○ If you feel nauseated take Gravol</li> <li>○ Sucking on a popsicle, lemon or lime wedge may improve taste of the prep</li> <li>○ You will have many watery bowel movements and some cramping</li> </ul> </li> </ul>	<b>Afternoon appointment (after 1 pm)</b> <ul style="list-style-type: none"> <li>• No solid food <u>ALL DAY</u></li> <li>• Consume only clear fluids, broth/consommé, apple juice, Sprite, ginger ale, black coffee, tea without milk. You can also have Jell-O (no red, blue or purple colours)</li> <li>• At 2:00 pm, take 2 tablets of Bisacodyl with water – do not chew or crush the tablets</li> <li>• At 6 pm: <ul style="list-style-type: none"> <li>○ Prepare and drink one cup of PicoSalax (as instructed above) followed by 2 to 4 glasses of any clear liquid every hour for a total of at least 2L</li> <li>○ The more fluids you drink, the better this prep works</li> <li>○ If you feel nauseated take Gravol</li> <li>○ Sucking on a popsicle, lemon or lime wedge may improve taste of the prep</li> <li>○ You will have many watery bowel movements and some cramping</li> </ul> </li> </ul>
The day of your procedure (you may have to get up very early):	<ul style="list-style-type: none"> <li>• 6 hours before your procedure, prepare and drink the second cup of PicoSalax</li> <li>• Continue to drink 2 – 4 glasses of clear liquid every hour for a total of at least 2L</li> <li>• <u>DO NOT</u> eat any solid food</li> <li>• Please <u>DO NOT</u> eat or drink <u>ANYTHING</u> for at least 2 hours before your procedure time (4 hours if having gastroscopy at the same time)</li> <li>• If you normally take prescription BLOOD PRESSURE medications, take these in the MORNING with some water</li> <li>• <u>DO NOT</u> chew gum on the day of your procedure.</li> <li>• Arrive 30 minutes early and wear loose comfortable clothing</li> <li>• Your family member or friend should be available to pick you up approximately 60 minutes post procedure</li> </ul>	<ul style="list-style-type: none"> <li>• At 7:00 am, prepare and drink the second cup of PicoSalax</li> <li>• Continue to drink 2 – 4 glasses of clear liquid every hour for a total of at least 2L</li> <li>• Do NOT eat any solid food</li> <li>• Please <u>DO NOT</u> eat or drink <u>ANYTHING</u> for at least 2 hours before your procedure time (4 hours if having gastroscopy at the same time)</li> <li>• If you normally take prescription BLOOD PRESSURE medications, take these in the MORNING with some water</li> <li>• <u>DO NOT</u> chew gum on the day of your procedure.</li> <li>• Arrive 30 minutes early and wear loose comfortable clothing</li> <li>• Your family member or friend should be available to pick you up approximately 60 minutes post procedure</li> </ul>
After your procedure:	<ul style="list-style-type: none"> <li>• Resume normal diet and medications</li> <li>• Instructions on re-starting BLOOD THINNERS will be provided after your procedure</li> </ul>	<ul style="list-style-type: none"> <li>• Resume normal diet and medications</li> <li>• Instructions on re-starting BLOOD THINNERS will be provided after your procedure</li> </ul>

“PLEASE PRINT THIS FOR APPOINTMENT OR PROVIDE MEDICATION LIST FROM PHARMACY”



# My Medication List

List all the medications you take, such as pills, patches, inhalers, eye/ear/nose drops, creams, ointments, and samples the doctor gave you. Be sure to include over the counter medicine, vitamins, minerals, herbal products, and recreational drugs (example: alcohol or marijuana).

For your MedList to work, it's important to keep it up to date: use the date columns to indicate when old medications were stopped and new ones added.

This list belongs to: \_\_\_\_\_

Prescribed Medications (example: atorvastatin)	Dose/ Strength (20 mg)	How Much (1 pill)	How Often/When				Date Started	Date Stopped
			Morning	Afternoon	Evening	Bedtime		
Over the counter medications/ herbals/vitamins/recreational drugs								

Medication allergies: \_\_\_\_\_

If it's on the list, it won't be missed' Reviewed by: \_\_\_\_\_ Date reviewed: \_\_\_\_\_

Pharmacy: \_\_\_\_\_ Number: (       )



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## DIABETES MANAGEMENT

### IF YOU NORMALLY TAKE:

- ORAL DIABETIC PILLS

- The day prior to your test (clear fluid diet), take your Metformin, Avandia, Actos, Januvia, Janumet, Agentan, Onglyza, Invokana, Jardiance or Forxiga as usual. Reduce your other diabetes medications (Glyburide or Diamicron MR)
- The day of your procedure, do not take your medications and resume afterwards

- TWICE DAILY INSULIN

- The day prior to your test (clear fluid diet), take your usual insulin dose in the morning and 75% of your usual dose in the afternoon
- The day of the procedure, do not take your insulin the morning of the procedure and resume when eating **afterwards**

- MULTIPLE INJECTIONS OF INSULIN (3>per day)

- The day prior to your test (clear fluid diet):
  - Take 75% of your usual doses during the day
  - Take your usual evening dose of long insulin (NPH, Lente or Lantus)
- The day of your procedure:
  - If you have Type 2 diabetes do not take your morning insulin and resume **afterwards**
  - If you have Type 1 diabetes take 50% of your usual NPH dose in the morning of the test