

# Colonoscopy – Patient Instructions

For appointments before 11 a.m.

This sheet is double sided. Please read and follow all instructions carefully to ensure the highest level of safety and effectiveness. You must have someone to accompany you home; you cannot drive.

**Medications:**

Please make sure all of your medications are cleared by a doctor.

Stop <input type="checkbox"/> 7 full days prior	Aspirin(ASA 81 mg, Entrophen) Iron Tablets Clopidogrel (Plavix)
Stop <input type="checkbox"/> 5 full days prior	Coumadin Pradaxa(Dabigatran)
Stop <input type="checkbox"/> 2 full days prior	Xarelto (Rivaroxaban) Eliquis (Apixaban)

**Special instructions for diabetics**

Hypoglycemic medications (tablets)	Take ½ usual dose <b>The day before your procedure</b>	<b>Do not take day of procedure</b> (Until after procedure with food)
Insulin	Take ½ usual dose <b>The day before your procedure</b>	<b>Do not take day of procedure</b> (Until after procedure with food)

Continue taking **blood pressure medication** as normal even on the day of your procedure, with a small sip of water. Do not drink any more than a small sip. It is important that your blood pressure remains under control.

**Colonoscopy Preparation Checklist**

Confirm your medications: Speak with your doctor about any medication that you may need to stop taking before your test.

Follow the preparation: Please carefully read all of the instructions provided on both sides of this sheet, simply complete the steps and follow the dietary restrictions before your test.

Watch the foods you eat: Follow the examples provided about what you can and cannot eat before your test.

Dress comfortably: Upon entering the procedure room you will be provided with a gown to change into for the test, we recommend wearing something easy to change in and out of.

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## 7 Days Prior to Colonoscopy

Purchase one PegLyte kit and Dulcolax 3 x 5 mg tablets

- *Please note that substituting PegLyte with a generic alternative may compromise the effectiveness of your colon preparation.*
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## 5 Days Prior to Colonoscopy

Stop eating foods that contain **nuts/seeds** (they can damage the scopes).

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## 1 Day Prior to Colonoscopy

**NO SOLID FOODS ALLOWED FOR THE WHOLE DAY PRIOR. DO NOT EAT ANYTHING.**

Drink clear liquids only up until 3 hours prior to your colonoscopy. If you are also having a gastroscopy, drink clear liquids only up until 3 hours prior to the procedure.

*Examples of clear liquids you may consume:* Water, apple juice, white grape juice, white cranberry juice, ginger ale, sprite, coconut water, Gatorade®, Powerade®, Gastrolyte®, soda water, jello, and clear soup(broth only). **NO RED/PURPLE DRINKS OR ALCOHOL.** Coffee or tea you may add sugar or sweetener. **NO CREAM/MILK.**

Make sure you have access to a washroom; the laxative will induce bowel movements.

**Morning** – Mix Peglyte powder into 4 litres of cold water (fill to the marked line on the bottle) and mix rapidly until fully dissolved. Refrigerate until ready to drink in the evening.

At **3:00 p.m.** take 3 dulcolax tablets. This medication only softens the stool.

At **5:00 p.m.** Drink 2 litres (half) of the PegLyte preparation. You must consume one cup (250ml) every 15 minutes over the following 2 hours. Refrigerate remainder. Continue to drink clear fluids.

At **9:00 p.m.** Drink 2 litres (half) of the PegLyte preparation. You must consume one cup (250ml) every 15 minutes over the following 2 hours. Continue to drink clear fluids.

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## Day of Colonoscopy

**No foods allowed until 1 hour after your procedure.**

You may only drink water on the day of your procedure until 3 hours before your procedure time.

Stop all liquids 3 hours before your test. If you are also having a gastroscopy, stop liquids 3 hours prior.

Bring your health card.

Ensure you have someone to drive you home or accompany you in a taxi.

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For more information about the procedure including educational literature and videos, please access our website [www.gtaendoscopy.com](http://www.gtaendoscopy.com).

**Please note** that there is a **cancellation fee of \$100** if you cancel less than 3 business days before your procedure without a medical note.

**Location** – We are located on the southeast corner of Markham Road and Milner Avenue.

GTA Endoscopy Services: 305 Milner Avenue, Suite 920. Scarborough, ON.

**Phone:** For any questions or concerns we may be reached at (416) 321-3883.