



Intestinal Health Institute

(Dr. Murray and Dr. Pendergast)
www.gutsmart.com

Please bring a list of
your current medications
and healthcard

COLONOSCOPY PREPARATION

APPOINTMENT: _____ ARRIVE: _____

YOUR RIDE **MUST COME UPSTAIRS** TO PICK YOU UP AT _____

We need to know if you take blood thinners or diabetic medication before you book, or if you have a kidney or seizure disorder.

If you have Sleep apnea bring your CPAP machine.

Purchase a box (2 sachets) of **PICO-SALAX** at any pharmacy. No prescription is necessary. Disregard the instructions in the box which suggest you can have solid food the day before.

Three days before the procedure no seeds, nuts, or vegetables. If you are prone to constipation take 2 Dulcolax tablets 2 nights before. The **WHOLE** day before the colonoscopy (even breakfast) have only clear fluids. This includes Jello, strained broth (no noodles), consommé soups, apple juice, clear tea, clear coffee, ginger ale, 7-Up, and water. **DO NOT** eat solid food or drink milk. No red liquids or red Jello.

Take one Pico-Salax sachet between **6-8 PM the evening** before, and take the **second** sachet in the morning 4-5 hours before your procedure. Each sachet is diluted with 150 ml water.

You must consume **6-8 glasses** of clear fluid after **each** dose. Two of these glasses must be a sports drink such as Gatorade to replace electrolytes. Make all attempts to get this done within an hour or two. Visualization of your bowel and polyp detection depends on flushing plenty of fluid. If you are not well cleaned out the procedure may have to be repeated.

Important: You must have nothing by mouth for **two** hours before coming in for the procedure.

The day of the colonoscopy: Wear short sleeves and loose fitting clothes. Take your normal medications with sips. You will be receiving sedation and must arrange for another adult to come upstairs to take you home. You cannot take a Taxi, unless accompanied by another adult. You will **NOT be able to drive** until the next day. The sedation will impair your memory, coordination, concentration & judgment for several hours even when you feel normal.

AFTER COLONOSCOPY: It is normal to have mild cramping & to pass air. A warm bath can help this. You may return to your normal diet immediately.

** Call the Institute at **905 947 9437** during working hours, or go to the nearest emergency department, if you notice abdominal pain, fever, vomiting or blood in the stools. These could be the first signs of a complication. There is a 1:2000 chance of perforating the colon, and a 1:500 chance of bleeding if polypectomy is performed. No test is perfect, even colonoscopy can have a 3% miss rate.

1 WEEK NOTICE IS REQUIRED FOR A CANCELLATION OR THERE WILL BE A \$200 FEE CHARGED DIRECTLY TO THE PATIENT.