



NORTH SCARBOROUGH ENDOSCOPY CLINIC

4040 Finch Avenue East, Suite 105
Toronto, Ontario, M1S 4V5
Tel. 416-293-9402 Fax. 416-293-7470

COLONOSCOPY PREPARATION INSTRUCTIONS:

Your Colonoscopy is Scheduled at North Scarborough Endoscopy Clinic at 4040 Finch Avenue East, Suit #105 on:

Please report to the Patient Registration Desk at: _____

Please carefully follow these instructions to prepare your colon for this test. A good and thorough cleansing is very important for an accurate and safe test. Please do your best to follow these instructions.

If you have any questions or need clarification of the recommendations, please call our office: 416-293-9402. We will be happy to answer your questions.

You will be receiving sedation for this test, so you are NOT permitted to drive afterwards. You MUST have a family member or friend with you to drive you home or accompany you after the procedure.

If you are on Aspirin (ASA), you do not need to stop. You may continue with this medication.

If you are on any other blood thinner (see list below), Consultation will be necessary prior to your procedure to discuss the risks involved. Blood-thinning medications include:

- | | |
|-------------------------|---|
| - Plavix (clopidorel) | - Brilinta (ticagrelor) |
| - Effient (prasugrel) | - Ticlid (ticlodipine) |
| - Coumadin (warfarin) | - Persantine or Aggrenox (dipyridamole) |
| - Pradaxa (dabigatran) | - Eliquis (apixaban) |
| - Xarelto (rivaroxaban) | - Savaysa (edoxaban) |
| - Lovenox (enoxaparin) | - Fragmin (dalteparin) |

All other regular medications (except Metamucil / fiber) can be taken (e.g. high blood pressure pills) but you are asked to bring a list of medications to provide to the nurses in the clinic. If you require antibiotics before dental procedures, please ask your doctor whether you will need them before your colonoscopy.

Iron Medications - stop at least 7 days prior to the procedure.

Insulin or Pills for Diabetes - Please discuss with your family physician prior to the test.

- Oral Hypoglycemic Meds or Subcutaneous Insulin: Take ½ of your usual dose the day before; None on the Day of Procedure until your test is completed

PREPARATION FOR YOUR COLONOSCOPY

Please Purchase ONE WEEK in advance:

(1) Box of Bi-Peglyte (contains two Peglyte sachets and three Bisacodyl Tablets)

ONE Day Prior to Colonoscopy:

- **NO FOOD ALLOWED.** Only stay on Clear liquids. The cleaner the colon, the better the visualization!!!

Examples of Clear Liquids: "Should be able to see through it if held up to light"

Water, Powerade, Gatorade, 7-Up, Carbonated Water, Jello, Clear Soup (Broth only), Apple / White Grape / White Cranberry Juice. Please Avoid Red or Purple.

Coffee or Tea is Allowed, but NO milk or cream.

At 9:00 am: Dissolve the entire contents of one sachet in 1 liter of water and mix rapidly until a clear solution forms. Repeat with the second sachet. Refrigerate until you are ready to take it.

After 9 am:

-Remain only on clear fluids (the entire day prior to procedure)

At 3:00 pm:

-Take All Three Bisacodyl Tablets that came in the kit with water

At 6:00 pm:

-Drink 250 mL of Peglyte solution every 10-15 minutes until the 1st liter of solution is completely consumed.

-Drink an additional 1 liter (as tolerated) of clear fluids, this will help cleanse the colon further

-Expect to have multiple bowel movements

Day of Procedure:

Five Hours Before Your Procedure:

-Drink the Second Liter of Peglyte: drink 250 mL every 10-15 minutes over one hour until the solution is finished

-Drink an additional 1 liter (as tolerated) of clear fluids after finishing the first sachet

-Take all of your usual medications (eg. BP pills) with small sips of water

-DO NOT EAT ANYTHING ON THE DAY OF THE PROCEDURE

-do not drink anything 3 hrs prior to your procedure