

**Appointment Date and Time:** \_\_\_\_\_

Please arrive at the Surgical Daycare Unit 2<sup>nd</sup> Floor RVH at your given arrival time (will be ~1.5hours prior to procedure).

**Cancelling an appointment with insufficient notice prevents the hospital from booking another patient into that appointment. If you need to cancel or reschedule your appointment, please contact the Surgeon's office at 613-432-7201 at least 7 working days prior to your appointment so that someone else can be booked for this procedure. If you cancel with less than 7 working days' notice, or if you do not show up for your scheduled appointment, there will be a fee of \$100.00 for any missed appointments.**

### **What is a Colonoscopy?**

A colonoscopy is a procedure that allows examination of the lower part of the gastrointestinal tract called the colon (aka large intestine, large bowel). During the procedure, a video camera at the end of a narrow flexible tube is inserted through the anus and advanced through the colon and sometimes a short distance through the small intestine (ileum). Polyps may be removed or tissue samples (biopsies) may be taken. Additional information is available online through our website ([www.renfrewhosp.com/patient-resources](http://www.renfrewhosp.com/patient-resources)).

### **Please bring:**

- Current medication list and your pill bottles
- Someone to drive you home
- Pre-admission questionnaire

### **PREPARATION**

- The Doctor must be informed well in advance of the procedure if you have **diabetes, sleep apnea, kidney disease, heart disease**, if you take any **blood thinners** (Coumadin/warfarin, Pradaxa, Xaralto, eliquis, etc).
- Please let the office know of any drug allergies and/or if there is a family history of malignant hyperthermia.

**The most important thing that you can do to ensure the success of your colonoscopy is to properly prepare for the test. The colon must be cleaned out to allow for clear examination of the bowel wall and detection of any abnormalities. Excellent bowel preparation results in a clean colon that allows the test to be done quickly and easily. A poor bowel preparation increases the risk of missing significant lesions, such as cancers or polyps, and may result in the test needing to be repeated.**

- If you are usually constipated take two Dulcolax tablets nightly for 3 days before you begin the bowel preparation. This will help with the preparation.

**Individual responses to the preparation medications vary, so you may begin to have bowel movements within one hour, or it may be delayed up to 4-6 hours.**

### **One week before your procedure:**

- Purchase the following from the drugstore:
  - 2 bottles GoLyte/Peglyte/CoLyte (PEG-based bowel preparations) – if you'd like a prescription to help with the cost, please notify the surgical office (613-432-7201)
  - One box of dulcolax tablets

- Clear fluids of your choice (e.g. Gatorade/Powerade, clear pulp-free juices (apple, white grape, lemonade), coffee/tea without milk or milk substitutes, soup broth, ginger ale, 7-Up, juice popsicles, etc. No red beverages
- Stop all iron tablets prior to the procedure
- If you are on blood thinners, Coumadin/warfarin, or diabetes medication, follow instructions later in this form
- ***Seeds and roughage are important components of a healthy diet. However, we require that you not take these simply because they block the colonoscope and may result in the procedure being stopped and repeated at a later date.*** Please do not eat seeds, corn, multigrain breads, pasta or whole grain cereals, raw fruits or berries, raw vegetables, popcorn, and nuts one week prior
- Stop all fiber supplements 4 days prior to your colonoscopy
- Prepare a list of your medications including dosage and when taken and bring with you
- Arrange transportation to and from your procedure. You will not be able to drive due to the medication given on the day of the procedure. You will be able to leave 1-2 hours after the appointment. You may be picked up or leave by taxi as long as you are accompanied by someone other than the taxi driver. Because of the sedation medications, you are considered legally impaired for 24 hours. You must be accompanied home from the test. You must NOT drive for 24 hours.

#### Two days before your procedure:

- You may ONLY DRINK CLEAR FLUIDS (includes water, coffee, tea, apple juice, clear soup broth, jello, etc). DO NOT EAT SOLID FOOD OR DRINK MILK FROM THIS POINT ONWARDS.
- Take 2 (TWO) tablets of dulcolax water at **2:00pm** in the afternoon

#### One day before your procedure:

- Continue to drink only clear fluids, no solid food.
- **At 10:00am**, mix the 1<sup>st</sup> jug of GoLytely according to the instructions on the container. Make sure to refrigerate it. Chilling the prep and rapidly drinking each glass can make it easier to tolerate. Drink 2 (TWO) liters of Prep solution within 2 hours – an 8 oz glass every 10-15 minutes.
- **At 2:00pm** take 2 (TWO) more dulcolax tablets with water
- **At 5:00pm** drink 2 (TWO) liters of Prep solution within 2 hours – an 8 oz glass every 10-15 minutes.
- Ideally, the best time to take the third dose (final 2L of prep solution) is **4-6 hours before your procedure**. We recognize that not everyone can do this. If you are able to go to bed earlier and wake up 4-6 hours before the colonoscopy arrival time to take the 3<sup>rd</sup> dose, the preparation will be better. If you are unable to do this, at 10:00pm mix the 2<sup>nd</sup> jug of preparation solution. Drink half of it (2 liters) within 2 hours or as late as you can that evening.
- After drinking each 2 liters of prep solution, it is important to continue to drink adequate amounts of clear fluid to prevent dehydration. A carbohydrate/electrolyte fluid like Gatorade/Powerade is preferred. It is preferable to have a responsible adult with you or available during your bowel preparation period in case you start to feel ill.

#### Day of Colonoscopy

- Take any required medication with a sip of water
- **Stop drinking all clear fluids 3 hours before your arrival time. Take nothing by mouth from this moment on. This means also avoiding candy and chewing gum 3 hours before your arrival time.**

**IMPORTANT**

- If you are on a blood thinner – speak to the Booking Clerk regarding clear instructions for stopping the medication and timing prior to your colonoscopy
- You do not need to stop baby aspirin (ASA 81mg)
- Take your usual morning blood pressure, heart, and thyroid pills with a small sip of water
- If you are diabetic – speak to the Booking Clerk regarding clear instructions for which medications and doses to take
- Continue your inhalers as usual and bring any inhalers with you to the hospital