

INSTRUCTIONS FOR YOUR COLONOSCOPY

Picosalax Bowel Prep

YOUR APPOINTMENT IS SCHEDULED FOR:

DATE: ____/____/____ TIME: _____

DOCTOR: _____

*Please read this entire information package
NOW and AGAIN seven (7) days prior to
your appointment*

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About the Colonoscopy

A colonoscopy is a way to check for colon cancer and to remove polyps in the colon. The procedure involves using a flexible instrument with a camera to look at the inside of the colon. Tissue samples (a biopsy) may be taken; polyps may be removed.

A colonoscopy can also be helpful to figure out problems such as blood loss, stomach or rectal pain, or changes in bowel habits.

You will need to drink a bowel prep solution called Picosalax to clean out your bowels.

- If you take an antiplatelet drug (Plavix) or an anticoagulant (Pradaxa, Coumadin, Xarelto, Eliquis), you must obtain your regular physician's consent before you stop taking any prescription drug.
- It is important to stop taking the drugs 5 days before your examination.

- It is not required to stop taking aspirin or anti-inflammatory drugs (non-steroidal), i.e. Advil, Naproxen, Celebrex.

BEFORE YOUR PROCEDURE

Purchase the following:

1. 3 Sachets of **Picosalax (Any Flavour)**
2. 4 Bottles of **Gatorade or Powerade (Yellow/Clear colour)**
3. A supply of **clear drinks**: this is any fluid that you can see through that is not red or purple. Examples: Water, Chicken or Vegetable Broth, clear/yellow juices (apple, white cranberry), clear/yellow Gatorade, Powerade, Vitamin Water, Ginger ale or Sprite.

PLEASE NOTE: *Sugar Free Gatorade or Vitamin Water are good options for diabetics.*

Five (5) days before your appointment:

STOP taking iron supplements (if applicable).

Four (4) days before your appointment:

STOP eating ALL seeds and nuts. Including: multigrain breads, flax seeds, fruits with seeds (tomatoes, cucumbers, grapes, watermelon seeds, all berries, etc.)

One (1) day before your appointment:

YOU MUST REMAIN ON CLEAR FLUIDS ONLY.

4:00PM: Take **sachet #1 of Pico-Salax** - Mix and drink in 8oz. cold water. Follow this by drinking 1 bottle of Gatorade or Powerade (a glass every 15 minutes), plus additional clear fluid of your choice, for a total of 1.5 to 2.0 liters.

7:00PM: Take **sachet #2 of Pico-Salax** - Mix and drink in 8 oz. cold water. Follow this by drinking 1 bottle of Gatorade or Powerade (a glass every 15 minutes), plus additional clear fluid of your choice, for a total of 1.5 to 2.0 liters.

DAY OF YOUR COLONOSCOPY:

Five (5) hours before your appointment:

Take **sachet #3 of Pico-Salax** - Mix and drink in 8 oz. cold water. Follow this by drinking 2 bottles of Gatorade or Powerade (a glass every 15 minutes), plus additional clear fluid of your choice, for a total of 1.5 to 2.0 liters.

You must stop drinking ALL fluids three (3) hours before your appointment time

DURING YOUR COLONOSCOPY

You will be greeted by a nurse who will prepare you for your procedure. If you do not speak or read English, you must bring a **translator**. The nurse will have you change into a gown and will do a brief intake assessment on you before you go into the procedure room.

AFTER YOUR COLONOSCOPY

You will remain in the recovery room for close observation for a ½ hour or longer. You will be given instructions on how to care for yourself when you get home. A bloated feeling and flatulence can occur as air is used for visibility but should go away within 24 hours. You should rest for the remainder of the day. You will be able to resume your normal diet immediately after the procedure unless instructed otherwise.

The procedure is usually tolerated well. However, some patients may experience discomfort or mild cramping after the procedure, which should resolve with the passing of gas.

Arrange a ride home

Plan to be at the clinic for about **2 hours**, from start to finish.

Arrange for a responsible adult to take you home and meet you inside the clinic. This does not include: taxi driver, Uber, Lyft, Para transpo driver, etc.

24 hours after your colonoscopy you CANNOT:

- **Drive a vehicle**
- **Operate heavy machinery**

Perform any business transactions

- **Drink any alcohol**

Please remember to:

- Wear loose fitting clothes; do not wear valuable clothing. Leave all valuables at home
- Do not wear nail polish, hand cream, body lotion

Bring with you

- Bring your OHIP card
- Bring juice (Vitamin Water/Gatorade) to drink after the procedure to restore energy and electrolytes
- **Optional** – An extra pair of underwear

Possible Complications

Colonoscopies are safe procedures and are associated with very low risk when performed by trained and experienced physicians. Significant bleeding after removal of polyps occurs in less than 1% of patients. Perforation of the colon occurs in less than 1 in 4000 cases. If perforation occurs, surgery may be required. Rarely, a temporary colostomy is necessary. Sometimes, lesions or polyps can be missed, especially if the bowel preparation is poor.

For more information

Visit our website:

www.provisrudd.com

Watch our virtual clinic tour:

<https://youtu.be/okQDDjpxt>

TO CANCEL OR CHANGE APPOINTMENT

This time is reserved for you. If you have to change or cancel this appointment, you must **notify us seven (7) business days prior** to the appointment date.

OTHERWISE, YOU WILL BE CHARGED A CANCELLATION FEE.

***PLEASE NOTE:** appointment times are estimated, your patience and understanding is much appreciated. The office may contact you to come earlier if a slot opens up.*