



**YOUR APPOINTMENT IS SCHEDULED FOR:**

DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_ TIME: \_\_\_\_\_

DOCTOR: \_\_\_\_\_

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

**Oakville Clinic**

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**Ottawa Clinic**

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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 Peglyte to clean out your bowels. Make sure you purchase the 4L PegLyte (either a jug or 4 packets)

**BEFORE YOUR PROCEDURE**

**Purchase the following:**

1. 1 jug/box of **PegLyte**
2. 4 **Duocolax** tablets
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.*

**Seven (7) 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.)

**24 hours before your appointment:**

**YOU MUST REMAIN ON CLEAR FLUIDS ONLY. NO SOLID FOOD.**

**1:00PM:** Prepare the PegLyte solution and place in the refrigerator.

**5:00PM:** Take 4 **Dulcolax** tablets with water

**8:00PM-10:00PM:** Drink **two (2) litres** of Peglyte

**DAY OF YOUR COLONOSCOPY:**

Four (4) hours before your appointment:

Drink the fourth (4<sup>th</sup>) litre of Peglyte

**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 **1.5 hours**, from start to finish.

**Arrange for a responsible adult to take you home and pick you up from inside the clinic. This does not include: taxi driver, Uber, Lyft, wheel trans driver, etc.**

**24 hours after your colonoscopy procedure you CANNOT:**

- Drive a vehicle
- Operate heavy machinery
- Perform any business transactions
- Drink any alcohol

### Please remember to:

- Wear loose fitting clothes; Leave valuables at home (phones are not valuables)
- Do not wear nail polish, hand cream, body lotion

### Please bring:

- Your OHIP card
- Your cell-phone
- A bottle of juice (Vitamin Water/Gatorade) to drink after the procedure to restore energy and electrolytes. (we will not provide any refreshments due to COVID restrictions)
- **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](http://www.provisrudd.com)

Watch our virtual clinic tour:

<https://youtu.be/okQDDjpxt38>

### 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.*