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COLONOSCOPY PREPARATION INSTRUCTIONS (With Pico-Salax)

Refer to this instruction sheet for the entire week before your colonoscopy.

Colonoscopy preparation instructions are extremely important for a successful colonoscopy. If you do not follow the instructions precisely, your bowels may not be ready for the procedure, and you will need to repeat the procedure.

Planning For Your Colonoscopy

Please read as soon as you receive this information and check off each box to indicate that you understand each item.

- ☐ You must do a bowel prep.
 - Pick up one box of Pico-Salax® (2 sachets) and 4 tablets of Dulcolax® at any pharmacy.
 - We recommend that you fill your prescription at least a week before your procedure.
 - Do not follow the instructions on the packages. Follow these instructions instead.
- ☐ You must have a driver who can drop you off and pick you up.
 - Your entire visit may take 3 to 4 hours. Tell your driver that they must remain available by telephone during your entire visit and be within 20 minutes of the hospital building.
 - Ensure someone is available to stay with you for the rest of the day while you recover.
 - Leave all jewelry and personal items at home. If you bring jewelry to your appointment, we may have to ask you to remove it.
 - Do not wear contact lenses.
- ☐ If you take any blood thinners:
 - See table on page 5
- ☐ If you are diabetic:
 - Read through instructions for information on how to manage your diabetes medications.
- ☐ Arrive one hour prior to your appointment and register at ACU-2
- ☐ Bring your list of medications with you, including over-the-counter medications.
- ☐ If you need to reschedule, call (705) 586 - 0060 or email bookings@neorcs.ca at least 10 days prior to your procedure.

PLEASE NOTE: Cancellations or changes in appointment date within 10 days will result in a \$150.00 cancellation fee. Cancellations prior to 10 days can be accepted via phone call or an email to the office at bookings@neorcs.ca

What supplies do I need to prepare in advance?

Obtain the following supplies at your local pharmacy:

- One package (double sachet) of PICO-SALAX® (16.1 grams per sachet)
- Four tablets of Dulcolax®
- **AT LEAST 10 bottles of clear liquid (591 mL each) (see table on page 5)**

Timeline of the Colonoscopy Preparation

How will I determine my colonoscopy prep schedule?

The timeline table below will help you determine which day of the week to start your preparation. Use a highlighter or circle the correct row to determine which day you will start the prep. The prep process will begin at the start of the day.

If you reschedule your appointment, you must redo the timeline table to match your new date.

My appointment is on: _____ at: _____
(Date) (Time)

LOCATION:

Health Sciences North - ENDOSCOPY UNIT

41 Ramsey Lake Road
Sudbury, ON
P3E 5J1

**Please register one hour prior to
your appointment at ACU-2.**

TIMELINE TABLE

MY APPOINTMENT IS ON A:	5 DAYS BEFORE MY APPOINTMENT IS A:	3 DAYS BEFORE MY APPOINTMENT IS A:	2 DAYS BEFORE MY APPOINTMENT IS A:	1 DAY BEFORE MY APPOINTMENT IS A:
Monday	Wednesday	Friday	Saturday	Sunday
Tuesday	Thursday	Saturday	Sunday	Monday
Wednesday	Friday	Sunday	Monday	Tuesday
Thursday	Saturday	Monday	Tuesday	Wednesday
Friday	Sunday	Tuesday	Wednesday	Thursday

5 DAYS BEFORE YOUR COLONOSCOPY

DAY: _____

- Stop taking any iron supplements, such as ferrous sulfate or polysaccharide iron complex.

3 DAYS BEFORE YOUR COLONOSCOPY

DAY: _____

- Stop taking fibre supplements, such as Fybogel®, Prodiem®, Metamucil®, etc.
- Stop eating popcorn, corn, beans, nuts, fruits with small seeds, tomatoes, and celery; don't eat any high fibre foods, such as bran, flax seed, lentils, raw vegetables, brown bread, brown rice, etc.

2 DAYS BEFORE YOUR COLONOSCOPY

DAY: _____

- Take 2 tablets of Dulcolax® before bed.

1 DAY BEFORE YOUR COLONOSCOPY

DAY: _____

- **No solid food from now until your procedure is done. Begin a CLEAR LIQUID diet (see table on page 5).**
- Drink **AT LEAST** 16 glasses (4L) of water or clear liquids during the day.
- If you are diabetic, take ½ of your usual insulin dose and/or ½ of your oral hypoglycemic medication. **Check your blood sugar levels regularly.**
- At 6 pm, take one package of Pico Salax®.
- It is important that you continue to drink plenty of fluids.
- Take 2 tablets of Dulcolax® before bed.

DAY: _____

THE DAY OF YOUR COLONOSCOPY

- Nothing by mouth except water, the final dose of the prep solution, and your approved medications.
- Do NOT take your oral hypoglycemic medication or insulin until after the procedure.
- If you feel light-headed or hypoglycemic, you may have a sugar tablet.

6 HOURS BEFORE YOUR COLONOSCOPY

- Drink the final package of Pico Salax®. Drink an additional 8 glasses of clear fluids after completing the prep.
- Take your morning medications at their usual time with a small amount of water, EXCEPT medications for diabetes (DO NOT take these until after the procedure).

2 HOURS BEFORE YOUR COLONOSCOPY

Stop everything by mouth, including all liquids.

If you followed all of the instructions, your stool will be a clear or liquid yellow. You are ready for your colonoscopy!

IMPORTANT!

Colon cleansing tips:

1. Stay near a toilet! You will have diarrhea, which can be quite sudden. This is normal.
2. Try drinking the solution with a straw, placed far back in your mouth. It may be easier to tolerate.
3. After drinking the bowel preparation, rinse your mouth with mouthwash, or sip on a strong flavored liquid like Gatorade® or Powerade®. You can also try chewing gum.
4. Ginger ale can be helpful in case of nausea.
5. Rarely, people may vomit with the prep. If this occurs, give yourself a 30-minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
6. You may have bowel cramps until the stool has flushed from your colon (this may take 2 to 4 hours and sometimes much longer).
7. Anal skin irritation or a flare of hemorrhoid inflammation may occur. If this happens, treat it with over-the-counter remedies, such as hydrocortisone cream, baby wipes, Vaseline®, or TUCKS® pads. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories.

For 24h after the procedure:

- Do not drive
- Do not consume any alcohol, sedatives, or recreational drugs
- Do not make any legal decisions

Go to the emergency department if you have:

- Severe abdominal pain
- Large volume rectal bleeding (red or black; ½ cup or more)
- Fever

YES You may drink these clear liquids:	NO Do <u>not</u> drink these liquids:
• Gatorade® or Powerade® • Crystal Light Lemonade® • Pedialyte® • Coffee or tea (black only) • Carbonated or non-carbonated soft drinks • Kool-Aid® or other fruit-flavored drinks • Apple juice, white cranberry juice or white grape juice • Jello (gelatin) or popsicles • Broth	• Alcohol • Milk or non-dairy creamer • Juice with pulp • Any liquid you cannot see through • Hard candy • Anything Red or Purple

	BLOOD THINNERS	OTHERS
TO BE STOPPED ONE WEEK BEFORE SCOPE		• Ozempic
TO BE STOPPED 5 DAYS BEFORE SCOPE	• Coumadin (Warfarin) • Ticlid (Ticlopidine) • Aggrenox • Plavix (Clopidogrel) • Brilinta (Ticagrelor) • Effient (Prasugrel)	• Iron pills • Imodium • Codeine • Lomotil
TO BE STOPPED 2 DAYS BEFORE SCOPE	• Pradaxa (Dabigatran) • Eliquis (Apixaban) • Xarelto (Rivaroxaban)	

WHAT ARE THE BENEFITS, RISKS AND ALTERNATIVES FOR A COLONOSCOPY?

Before starting the procedure, a member of our team will ask you to sign an informed consent indicating that you understand the procedure, its benefits and risks, and the alternatives of a colonoscopy. Read this handout to understand your informed consent.

What is the purpose of a colonoscopy?

Colonoscopy is a procedure in which a doctor inserts a thin tube into the anus to look inside your rectum and colon. Colonoscopy can show irritated and swollen tissue, ulcers, polyps, and cancer.

What are the benefits of a colonoscopy?

Colonoscopy can find cancers at earlier stages, and polyps can be found and removed before they become cancerous. This greatly improves the odds of treating colorectal cancer successfully and reduces the chance that a person will die from colorectal cancer.

What are the risks of a colonoscopy?

Serious complications after colonoscopy are rare, but not impossible. Serious complications include:

- Bleeding. Most cases of bleeding occur in patients who have polyps removed, especially large polyps.
- Perforation (a tear in the colon or rectum).
- Infection.
- A reaction to the sedating medication, including breathing or heart problems.

Risks are higher in people taking steroids, blood thinners, or in people with significant medical conditions or diseases.

There is also a risk that cancers or polyps are not detected. The risk of this is higher in patients who have not sufficiently cleaned out their bowels.

What are the alternatives?

There are other screening tests that may detect abnormalities in the colon and rectum, such as CT scans or stool testing, but colonoscopy is the only method that enables the doctor to sample tissue and/or remove polyps during the procedure. This can prevent cancer or precancerous growth. Please see your family doctor if you wish to know more about other alternatives.

Lifestyle changes to lower your risk of colon or rectal cancer

Stop smoking

Exercise regularly

Eat a diet high in vegetables and fruit, and low in processed meat and red meat

Avoid excessive alcohol consumption

Disclaimer: This document contains information and/or instructional materials developed by NEORCS for the typical patient with your condition. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition, or your treatment plan.