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COLONOSCOPY PREPARATION INSTRUCTIONS

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.**
 - Please 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.
- You must have a driver who can drop you off and pick you up.**
 - Your entire procedure may take 3 to 4 hours to complete. Please tell your driver that they must remain available by telephone during your entire visit.
 - Please leave all jewelry and personal items at home. If you bring jewelry to your appointment, we may have to ask you to remove it.
 - Please do not wear contact lenses.
- If you take any blood thinners:**
 - Blood thinners must not be taken for three (3) days prior to your colonoscopy appointment. If you are unsure if you take blood thinners or if you know you take blood thinners but are unsure of which medication it is, please ask your pharmacist.
- If you need to reschedule** call (705) 586-0060 or email neorclinic@gmail.com 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 neorclinic@gmail.com.

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®
- 6 bottles of clear liquid (946 mL each) (not red or purple): Gatorade®, G2®, Gatorade Ice®, Powerade® or Powerade Zero®

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)

<p>LOCATION: Health Sciences North - ENDOSCOPY UNIT 41 Ramsey Lake Road Sudbury, ON P3E 5J1</p>	<p style="text-align: center;">Please register one hour prior to your appointment.</p> <p style="text-align: center;">If you have any questions or concerns, please call the office at (705) 586-0060.</p>
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TIMELINE TABLE

MY APPOINTMENT IS ON A:	7 DAYS BEFORE MY APPOINTMENT IS A:	3 DAYS BEFORE MY APPOINTMENT IS A:	1 DAY BEFORE MY APPOINTMENT IS A:
Monday	Monday	Friday	Sunday
Tuesday	Tuesday	Saturday	Monday
Wednesday	Wednesday	Sunday	Tuesday
Thursday	Thursday	Monday	Wednesday
Friday	Friday	Tuesday	Thursday

7 DAYS BEFORE YOUR COLONOSCOPY

DAY: _____
(Fill in the day according to the timeline table)

- Please continue to take your other medications, such as blood pressure and heart medications.

3 DAYS BEFORE YOUR COLONOSCOPY

DAY: _____
(Fill in the day according to the timeline table)

- Stop taking blood thinners such as Plavix (clopidogrel), Brilinta (ticagrelor), etc. You can continue to take ASA.
- Stop taking warfarin (unless you have a mechanical (metal) heart valve).
- Stop taking any iron supplements, such as ferrous sulfate or polysaccharide iron complex.
- 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: _____
(Fill in the day according to the timeline table)

- Take 2 tablets of Dulcolax before bed.

THE DAY BEFORE YOUR COLONOSCOPY

DAY: _____
(Fill in the day according to the timeline table)

- No solid food from now until your procedure is done. Begin a clear liquid diet (below) - **no solids**.
Drink at least 16 glasses of water or clear liquids during the day.
- At 6 pm the night before, take one package of Pico Salax and the second package 6 hours before your appointment. You should expect to have 6-8 loose bowel movements. **It is important that you continue to drink plenty of fluids.**
- Take 2 tablets of Dulcolax before bed.
- Stay near a toilet, as you will have diarrhea.

THE DAY OF YOUR COLONOSCOPY (starting at 12 am midnight)

- Nothing by mouth except water, the final dose of the prep solution, and your approved medications. If you are diabetic and feel light headed or hypoglycemic, you may have a sugar candy or tablet.

6 HOURS BEFORE YOUR COLONOSCOPY

DAY: _____ TIME: _____
(Fill in the day according to the timeline table)

- You may have to wake up early.
- Drink the final liter (946 mL) of prep solution 5 hours before you need to leave for your procedure. **Drink an additional 8 glasses of clear fluids after completing the prep.**
- Take your morning medications with a small amount of water 4 hours before your appointment time (unless you have been told otherwise). If you take Diabetes medications, hold off on taking these until after the procedure.

2 HOURS BEFORE YOUR COLONOSCOPY

DAY: _____ TIME: _____
(Fill in the day according to the timeline table)

- Stop everything by mouth, including all liquids, smoking and chewing gum.

IMPORTANT!

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

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. It may be easier to tolerate.
3. Rarely, people may have nausea or vomiting 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.
4. You may have bowel cramps until the stool has flushed from your colon (this may take 2 to 4 hours and sometimes much longer).

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.

When should I call the call center?

If you have been ill and have had any of the following symptoms within 48 hours of your appointment, please call (705) 586-0060.

- Fever greater than 38C°
- Productive cough (where your cough is producing phlegm)
- Diarrhea
- Vomiting (not related to taking the bowel prep)

YES You may drink these clear liquids:	NO Do <u>not</u> drink these liquids:
<ul style="list-style-type: none">• Gatorade[®], Crystal Light Lemonade[®], Pedialyte[®] or Powerade[®]• 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	<ul style="list-style-type: none">• Alcohol• Milk or non-dairy creamer• Juice with pulp• Any liquid you cannot see through• Hard candy• Nothing Red or Purple

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

What are the risks of a colonoscopy?

A study of screening colonoscopies found that between 4 to 8 people in 10,000 have a serious complication after a colonoscopy. Serious complications include:

- Bleeding. Most cases of bleeding occur in patients who have polyps removed. The risk is higher for polyps that are larger than 2 cm.
- A tear or a hole in the colon or rectum wall(perforation).
- Infection.
- Aspiration that may lead to a lung infection (pneumonia).
- A reaction to the sedating medication, including breathing or heart problems.

Risks are higher in people taking steroids or anti-coagulation medicines, or in people that have significant underlying diseases. There is also a risk that cancer or polyps will not be detected.

What are the alternatives?

There are other screening tests that may detect abnormalities in the colon and rectum but colonoscopy is the only method that enables the doctor to take a sample tissue and/or remove polyps during the procedure. This reduces the need for additional tests and surgeries.

Lifestyle Changes

If you smoke, stopping smoking will improve your long-term health.

Try to maintain a healthy weight. You have a higher risk of developing complications if you are overweight.

Regular exercise should improve your long-term health. Before you start exercising ask the healthcare team or your family physician for advice.

Disclaimer: This document contains information and/or instructional materials developed by Health Sciences North - ENDOSCOPY UNIT 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.

Last Revised 05/2024