

BURLINGTON ENDOSCOPY AND SPECIALIST CENTRE

Suite 207, 3155 Harvester Rd, Burlington, ON, Phone: 905-631-2080, Fax: 905-635-6215

COLONOSCOPY PREP INSTRUCTIONS: *Please read carefully 7-10 days ahead of appt.*

5 Days before the test:

- ✓ Stop blood thinners: e.g. Coumadin(Warfarin), Plavix(Clopidogrel), Brilinta (ticagrelor), Aggrenox (aspirin/dipyridole), antiinflammatory drugs (e.g. ibuprofen, ketorolac, naproxen). You may continue ASA.
- ✓ If you have constipation, take the stool softener docusate sodium 100mg twice per day for 5 days before the test.
- ✓ Stop iron supplements
- ✓ Discontinue any fibre supplements (psyllium/Metamucil, flax seed) and foods containing small seeds (they may block colonoscope)

3 Days before the test: Purchase the following from your pharmacy:

- ✓ 2 Tablets of Bisacodyl (Dulcolax)
- ✓ 1 box of Pico-Salax (which contains 2 packages)

2 days before the test:

- ✓ Stop the following blood thinners: Pradax(dabigatran), Xarelto (rivaroxaban), or Eliquis (apixaban)

Day before test:

1. You may have a solid breakfast before 10:00am, **but then only clear fluids until 3 hours before your appointment.**

CLEAR FLUIDS include: water, clear juices, clear broth, coffee or tea (no milk), Gatorade (not red or blue), soft drinks, Jell-O, popsicles). Try to drink a variety of clear fluids to avoid feeling unwell.

2. At 5:00 p.m. take the 2 tablets of bisacodyl (may cause cramps or nausea)

3. **At 6:30pm: First package to be taken**

- ✓ Mix the contents of **1 package** of Pico-Salax with 150mL (5 oz) of cold water, stir until dissolved, then drink it.
- ✓ Then drink 4 cups(250 mL/8 oz each) of clear fluids over the next 3 hours. **It is important to drink enough clear fluids so you do not become dehydrated or get electrolyte imbalances.**
- ✓ Once you start drinking the bowel prep you may develop loose bowel movements within several hours. This may keep you awake during the night, cause explosive diarrhea or stool accidents, so stay close to a toilet. The bowel is fully clean when you are passing clear yellow liquid, like urine. It is important for the bowel to be clean to improve polyp detection. Prep may rarely cause nausea, vomiting or cramps.

Day of the test:

Drink the second package AS ABOVE 5 hours before your appointment time (you may have to wake up during the night). Complete drinking all liquids 3 hours before the appointment time (no chewing gum/candies). Your stomach must be empty of liquids for 3 hours before the test.

- ✓ The bowel is fully clean when you are passing clear yellow liquid like urine.

Arrive at the clinic, 2nd floor, 15 minutes before your appointment. Anticipate spending approximately 2 hours at the clinic (procedure times may vary, and result in delay of your procedure)

- ✓ Please bring a complete list of your medications with you
- ✓ You will not be able to drive/operate heavy machinery for **24 hours** after sedation. Your ride must pick you up from the clinic. If you plan to take a taxi, you must be accompanied by another responsible adult.
- ✓ Diabetics: decrease your insulin/diabetes tablets by ½ the day before the test and do not take your tablets or insulin on the morning of the test. Check your blood sugars on the evening before the test and on the morning of the test. **Bring your glucometer and test strips with you for use at the clinic.**
- ✓ Other medications can be taken with sips of water(up to 3 hours before appt) on the day of the test.
- ✓ Remove any jewelry/body piercing, as this may interfere with cautery.
- ✓ If you develop fever, new cough, new vomiting or diarrhea just prior, please call clinic for instructions.

*** The clinic requires at least 48 hours notice for cancellations or a \$100 charge will be applied.**