ENDOVISION

A private clinic specializing in colonoscopy and gastroscopy

Preparation for Colonoscopy

Preparation instructions for a colonoscopy can vary depending on your health and other special considerations. If you are unsure as to which procedure is right for you, consult your doctor or call us for more information.

No Health Problems

Prior To The Procedure

– Go to the pharmacy and purchase the following over-the-counter medications:

***There are 2 different types of laxatives you can choose from in case your pharmacy may be out of stock of a particular brand. ***

OPTION 1:

– 1 bottle of MAGNESIUM CITRATE (300ml/10fl oz)
– 1 box of **PICO-SALAX** or **PURG-ODAN** (contains 2 sachets/box)

OPTION 2:

-KLEANLYTE PREPARATION (950mL)

*****IF you are not on blood thinners, anticoagulants or anti-inflammatory medication and are not taking the following over-the-counter medications: IRON, VITAMIN E, GINKO, GINGER and GARLIC and have not eaten anything that contains sesame, flaxseed or poppy seeds fruits with seeds (kiwi), nuts, popcorn, or seeds of any type,**
THEN GO TO DAY BEFORE THE PROCEDURE.***

5 DAYS PRIOR TO THE PROCEDURE

Stop taking **PLAVIX, TICLID**, **AGGRENOX**. You must check with the prescribing physician to obtain permission to stop these medications prior to the procedure.

4 DAYS PRIOR TO THE PROCEDURE

Stop taking **COUMADIN**. You must check with the prescribing physician to obtain permission to stop these medications prior to the procedure.

-A nurse will call you within the next few days to answer any questions you may have regarding these instructions and/or your medications.

3 DAYS PRIOR TO THE PROCEDURE

– Stop taking the following **over-the-counter medications**: IRON, VITAMIN E, GINKO, GINGER and GARLIC
- **Stop taking flaxseeds, fruits with seeds (kiwi), nuts, popcorn, and seeds**.

2 DAYS PRIOR TO THE PROCEDURE

– Stop **NSAIDS (Motrin, Advil, Celebrex)**
– Stop taking fiber supplements (Metamucil, Fibersure).

DAY BEFORE THE PROCEDURE

– Stop Xarelto, Pradaxa, Eliquis or any other anticoagulation drug. (Please obtain permission from your doctor prior to stopping your medication.)
– DO NOT EAT ANY SOLID FOOD 24HRS BEFORE YOUR COLONOSCOPY. Remain on a clear liquid diet (have a minimum of 2L of fluid) during the day of preparation.
– **No red or purple coloured fluids.**

-The following are acceptable:

- Juices (apple, white grape, white cranberry, and grapefruit without pulp) – Water
- Soft drinks
- Tea, coffee without milk or cream
- **Gatorade (recommended)**
- Clear soup/broth – no noodles or rice
- Popsicles (not red/purple coloured)
- Jello

START OF PREPARATION:

Option 1: Pico Salax, Magnesium citrate

– First sachet at 2pm
– Empty contents of the first packet into a mug or large cup
– Add 150 mls (5ozs) cold water and stir frequently for 2-3 minutes to dissolve the laxative (mixture may heat up)
– Continue stirring as it cools, then drink the mixture
– Drink 4 large glasses (250ml x 4 or 8 oz x 4) of water/clear liquids within the next hour
– Continue to drink 1 large glass (250ml or 8 oz) of water/clear liquid every hour until bedtime. You may drink until 2 hours prior to the procedure
– You will have an urgency for bowel movements. This may take up to 5 hours to begin
– **Take the 2nd sachet at 7pm**, as directed above (keep drinking clear liquids to prevent dehydration)
– Once bowel movements start, they will be watery. **Your last bowel movement should be watery and clear/yellow.**

On the day of your procedure:

– At 5:00 a.m. (the day of your colonoscopy) take 1/2 bottle of Magnesium Citrate (300ml/10fl oz).
– If your stools are still brown please take the entire bottle 300ml/10fl oz. Your stools should be clear or slight yellow.
– Stop drinking fluids 2 hours before your procedure (except Magnesium Citrate)

Option 2: Kleanlyte (950ml)

-Drink one bottle (473 mL) of **KleanLyte at 6pm** followed by 1L (1000 mL) of clear liquids.
-Drink a second bottle (473 mL) of **KleanLyte 4 hours before your colonoscopy** followed by 1L (1000 mL) of clear liquids.

DAY OF THE PROCEDURE

– Arrive 20 minutes before your appointment
– Do not take your high blood pressure medications or any other medications that the nurse has told you not to take.

– Do **not** take your usual dose of **INSULIN** check with your primary care physician on ways to manage diabetes during your preparation for the procedure.

– You must be accompanied by a responsible adult who can take you home after your procedure. To ensure your safe discharge, your accompanying adult must escort you out of the Endovision premises. **Taxi or Uber is acceptable. There are no exceptions**. Failure to comply with this will result in our inability to perform the procedure under sedation, or we will not perform the procedure at all. If this is the case please reschedule your procedure for a time when you can fulfill this requirement.

– Please bring with you:

– A list of your medications and allergies

– If you have an ostomy, bring your supplies with you, should you need to change

– Contact information for the responsible adult who will be taking you home

– The name and fax number of your referring physician

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Monday - Friday: 8:00am - 4:30pm
Saturday - Sunday: Closed