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.

Kidney or Cardiac Problems (ie. on Dialysis, chronic renal failure, Creatinine level above 150, Congestive heart failure, Arrhythmias, Coronary heart disease, History of a heart attack)

Prior To The Procedure

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

-**1 box** of **Bi-Peglyte**
-3 bisacodyl tablets (15mg total)
*****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 (eg. kiwi), nuts, popcorn, and seeds.

2 DAYS PRIOR TO THE PROCEDURE

· Stop **NSAIDS (Motrin, Advil, Celebrex)**

· Stop taking fiber supplements (Metamucil, Fibersure)
· **Your last solid meal is a light dinner.**

DAY BEFORE THE PROCEDURE

– Stop Xarelto, Pradaxa, Eliquis or any other anticoagulation drug.
(Please obtain permission from your doctor prior to stopping your medication.)

· 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:

- Clear, pulp-free fruit juices (apple, white grape, white cranberry, lemonade)
- Water
- Ginger Ale, 7-Up, Sprite, Kool-Aid, iced tea
- Tea, herbal tea, coffee without milk products/substitutes
- Electrolyte Gastro, Gatorade, Powerade **(recommended)**
- Clear soup/broth – no noodles or rice
- Popsicles (not red/purple coloured)
- Jell-O

START OF PREPARATION:

At 12pm: take 3 bisacodyl tablets (15mg) with water. Do not chew or crush.

Begin preparing the Bi-Peglyte solution as follows:

- Dissolve each sachet in 1 litre (32oz) of water and mix rapidly.
- No additional ingredients should be added to the solution (flavouring).
- Refrigerate the solution as chilling improves the taste.
  YOU WILL ONLY START DRINKING THE 2 LITRES OR 64OZ OF BI-PEGLYTE SOLUTION AS OF 6PM

At 6pm: begin to drink the Bi-Peglyte solution as follows:

- 240ml or 8oz every 10 minutes until the 2 litres (64oz) are finished.
- **You must consume all 2 litres of the solution.**

DAY OF THE PROCEDURE

-· Remain on a clear liquid diet (have a minimum of 2L of fluid) during the day of the procedure

– Your stools should be clear or slight yellow.

– Stop drinking fluids 2 hours before your 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