



COLONOSCOPY / FLEXIBLE SIGMOIDOSCOPY INSTRUCTIONS

The Surgical Booking Clerk will contact you with a date and time for your procedure as well as a time for a telephone conversation with a Surgical Services Registered Nurse. Call a few days prior to reconfirm your arrival time on the day of surgery at 274-4846.

A clean bowel is essential for a colonoscopy. The goal is to produce a bowel movement that is of clear liquid only with tiny particles of stool. A clean bowel is achieved by following laxative instructions outlined in this guide or as discussed by your surgeon or physician. If a clean bowel is not achieved, you may require cleansing enemas the day of your procedure or your procedure may be cancelled.

COLONOSCOPY BOWEL PREPARATION: PICO-SALAX (Purgodan, Picotest, Picoprep, Picolax)

1. AVOID raw fruits and vegetables, nuts and seeds beginning 3 days before colonoscopy day.
2. Obtain 1 box (containing 2 packets, doses etc) of Pico-Salax as well as 3 Dulcolax tablets from your pharmacy. These are available over the counter. No prescription is needed.
3. Two (2) days prior to colonoscopy day, take the 3 Dulcolax tablets after supper.
4. The day before your colonoscopy you must only have clear fluids, and you will have clear fluids only until after your procedure. Clear fluids are defined as anything that you can see through, for example: water, clear tea, ginger ale, pop, Gatorade, apple juice, jello and broth. Avoid anything that you can't see through, avoid milk products, and avoid any bright colored liquids, especially green and red. It is important to drink at least 1-2 cups of clear fluid **every hour** during the prep.
5. At 10 AM on the day before your colonoscopy, mix 1 packet of Pico-Salax with 150 ml of water (or any clear fluid you prefer) and stir for 2-3 min. Drink all of it. Continue with clear fluids. Take at least 2 - 3 litres (8-12 cups) of clear fluid over the course of the next 2-3 hours.
6. Take another Pico-Salax packet at 2-4 PM in the same way as the first packet and continue taking clear fluids, 2-3 litres (8-12 cups) over 2-3 hours.
7. Continue to drink lots of fluids but **stop drinking 2 hours prior to procedure.**

It is important to take your laxative as directed, including large volumes of clear fluids during the day before your colonoscopy. The laxative will not be effective if adequate amounts of fluids are not taken. If your bowel prep is not effective, it may be necessary to cancel your colonoscopy.

3 days before	2 days before	1 day before	Procedure Day
Date:	Date:	Date:	Date:
Dietary Restrictions begin	Dulcolax 3 tablets after supper	Pico-Salax bowel prep	Colonoscopy Day

*** If you are scheduled to have both a gastroscopy and a colonoscopy, you must stop drinking at least 6 hours before your procedure. ie. fasting**

GENERAL INSTRUCTIONS

- Consult your family doctor about taking any medication the day of your colonoscopy.
- Such medications as **Insulin, Aspirin (ASA), Coumadin, Warfarin (blood thinners), Ticlid & Plavix, should be discussed with a doctor at least 1 week prior to your surgery.**
- Wear comfortable, loose clothing the day of surgery. Leave all jewellery and valuables at home.
- Bring your medications to the hospital.
- Bring all health care information with you (health card, any insurance numbers, WSIB numbers).
- Plan to stay at the hospital approximately 1 hour following the procedure.
- **You will receive sedation.** It is not safe for you to drive a motorized vehicle. **You will require a responsible adult to drive you home and stay with you for 24 hours following the procedure;** avoid driving, drinking alcohol or making important decisions for 24 hours following the procedure. You will likely be ready to be discharge approximately 2-3 hours after your scheduled arrival time.

Problems with Prep – If you are unable to keep the laxative down or if you are concerned that your prep has not worked well and there is still thick fluid or pieces of stool, please arrive for your appointment ½ hour early and report to the Day Surgery Nurse so you can be assessed, and allow time for possible cleansing enemas.

Diabetic Patients – If you have diabetes and you are on Insulin, please contact your diabetes nurse and dietitian for detailed information on what to do with your Insulin and fluids. You can contact the Valley Diabetes Education Centre at (807)274-4828.

If you are unable to keep your scheduled procedure date, or if you have any questions or concerns please notify the hospital surgical booking clerk ASAP Mon-Fri from 8:30 am to 4:30 pm. at 807-274-4846. If after hours or weekends, contact the hospital at 807-274-3261 ext. 4675 for assistance.