



1650 Elgin Mills
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BOWEL PREPARATION

Proper bowel preparation is essential to a safe and successful colonoscopy. You will need to purchase an **oral bowel cleanser and stool softeners** (listed below) **two nights** before your procedure. These items can be found at your local pharmacy. Failure to properly prepare will result in cancellation of your appointment. ***Please call us if you have any questions*** regarding the following instructions:

48 Hours before procedure: No food containing seeds, nuts or corn.

- **No solid food for the *entire day before your procedure. Clear fluids only!*** Clear fluids include; water, pop, clear juices such as apple juice, white grape juice, white cranberry juice (*no orange juice*), Gatorade and Jell-o (no red or purple), consommé or clear broth soups, black coffee (no milk or cream) or tea (No congee!). Drink at least 2 liters (about 12 large glasses) of water throughout the day to help flush out your bowel.

You will need to:

- Purchase one box (contains two sachets) of **Pico-Salax**.
- Purchase 2 tablets of **Dulcolax**.
- Take 2 tablets of **Dulcolax** two days before your procedure. Take the tablets after dinner (this is your last solid meal). These tablets are stool softeners and will not prevent you from going to work the next day.
- The **Pico-Salax** is to be taken one day before your procedure. The first sachet is to be taken at 5:00pm and the second sachet at 9:00pm that evening.
- To prepare the **Pico-Salax**, add one sachet to 150mL (5oz) of cold water and stir for 2-3 minutes. The mixture may heat up while stirring. If so, let it cool and drink the entire contents. **This is to be done at 5:00pm and again at 9:00 pm.** *Please note that the instructions on the box of Pico-Salax are different from our instructions. Please follow the instructions we give you!
- **Drink plenty of fluids through the preparation**



*****STOP ALL LIQUIDS 4 HOURS BEFORE YOUR APPOINTMENT**

Example: If your appointment is at 1:00pm, you must STOP drinking fluids at 9:00am.



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MEDICATIONS

If you are on any of the following medications, you will need to stop taking them for a period of time. Please refer to the list below:

Medication	Stop Taking
Aspirin and Entrophen	7 days before procedure
Anti-inflammatory	7 days before procedure
Iron Pills	7 days before procedure
Multi-Vitamins	5 days before procedure
Clopidogrel (Plavix)	3 days before procedure
Ticlopidine (Ticlid)	3 days before procedure

If you are taking **Coumadin (Warfarin)**, please inform the receptionist upon booking your appointment. Our Surgeons will need to review your medical history and we will provide you with further instructions if needed.

Take all other medications (not listed above), as regularly prescribed up to the day before your appointment.

High Blood Pressure medication is to be taken the morning of your appointment with a sip of water.

Attention Diabetics

- Take *only HALF* of your regular diabetic medication the day before the procedure. This includes oral medications *and* Insulin.
- On the day of the procedure do not take your diabetic medication until after your procedure is completed and you have had something to eat. You may then return to your regular dose of diabetic medication.

ON THE DAY OF YOUR PROCEDURE

Please arrive 15-30 minutes before your scheduled procedure with your valid Ontario health card. Our staff needs to admit and prepare you for the procedure.

Due to the nature of the medication you will be receiving, you will NOT be able to drive for 24 hours. You MUST have someone here to accompany (patient driver needs to stay and be here at the clinic while patient is in procedure) and to drive you home. You are legally impaired! There will be no driving for 24 hours. Any form of public transportation is not permitted.

For non-English speaking patients, please bring an interpreter with you (we do have Cantonese and Mandarin speaking staff available).

There is NO additional charge for your procedure or parking here at Atlas Endoscopy. However, there is a \$150.00 fine for cancellations less than 48 hours prior to appointment time.

