

Location of your procedure: 726 Upper James Street, Hamilton, Ontario. L9C 2Z9

If you have any questions regarding your appointment, call: 905-575-5743 (option '4')

Procedure Date/Time: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

(PLEASE NOTE THE CENTRE OPENS AT 8:00 A.M.)

Doctor Performing Procedure: \_\_\_\_\_

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## **PREPARING FOR YOUR COLONOSCOPY / GASTROSCOPY**

*(Please read the following)*

1. If taking daily Aspirin and/or vitamins/minerals, please stop 5 days prior to procedure
2. No nail polish or hand cream (at least one nail must be polish free)
3. Please be sure to wear loose, comfortable clothing and flat shoes
4. Bring juice, or sports energy drink for after the procedure
5. *(Female patients only)* If menstruating procedure can still be performed, but we ask that you wear a feminine hygiene product
6. *(Diabetic patients only)* You may bring a snack with you to have after your procedure. Please ensure you follow the directions given by the physician regarding your medications prior to and day of procedure
7. Bring your Ontario Health Insurance Card and list of medication (if applicable)
8. If you do not speak English, please bring a family member or friend to translate for you
9. Only patients coming for procedure are allowed in the endoscopy suite
10. Your procedure is only 15-30 minutes, but your stay with us will be approximately 2-3 hours
11. **FOR PATIENT'S RECEIVING SEDATION: YOU ARE NOT ALLOWED TO DRIVE OR TAKE PUBLIC TRANSIT ALONE 24 HOURS AFTER YOUR PROCEDURE. YOU CAN TAKE A TAXI IF YOU ARE ACCOMPANIED BY SOMEONE OR HAVE SOMEONE TO ACCOMPANY YOU WHEN YOU ARRIVE HOME**
12. Upon discharge your friend/family member **MUST** meet you inside the centre to take you home

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**We require three (3) business days' notice to cancel or reschedule your appointment or there will be a charge of \$150.<sup>00</sup>**

Enclosed you'll find the preparation instructions to prepare for your test, and a prescription for the bowel.

**Please note that you may purchase the preparation kit at our clinic for a cost of \$34.99 (Tax included)**

## FOUR DAYS BEFORE YOUR APPOINTMENT

Start a MODIFIED low fiber- AVOID:

- skins and seeds of vegetables and fruits (i.e. peel potatoes, apples, etc. before eating)
- nuts, corn, popcorn and seeds
- whole grain breads, brown rice, and brown pasta- PLAIN WHITE is okay

## ACCEPTABLE CLEAR FLUIDS STARTING 6 AM DAY BEFORE

- Water, clear sodas, light colored juices with no pulp (e.g. apple, white grape, white cranberry, peach)
- Gatorade and Jell-O: yellow, orange, or green
- Tea and iced tea: green or herbal
- Chicken or vegetable broth (no noodles, meat or vegetables)

*AVOID:* Red, purple and blue dye, milk, coffee, black tea

## COLONOSCOPY BEFORE 12:00 PM PREPARATION

IF YOU HAVE A SENSITIVE STOMACH OR ARE PRONE TO NAUSEA, WE RECOMMEND TAKING GRAVOL 50 MG TABLET 30 MINUTES PRIOR TO STARTING YOUR PREPARATION.

DAY BEFORE YOUR PROCEDURE:

**6:00 AM:** Stop eating all solid food and begin ONLY clear fluids for the day (see bottom of page).

**12 pm:** Take 4 Dulcolax tablets with water.

**3:00 pm – 9:00 pm:** Drink THREE litres of Peglyte.

- AFTER NOON YOU MUST DRINK A LOT OF CLEAR LIQUIDS

DAY OF YOUR PROCEDURE:

**5:00 am – 6:00 am:** Drink the FOURTH (last) liter of Peglyte.

- DO NOT DRINK/INGEST ANYTHING FURTHER UNTIL AFTER YOUR PROCEDURE.

## COLONOSCOPY AFTER 12:00 PM PREPARATION

IF YOU HAVE A SENSITIVE STOMACH OR ARE PRONE TO NAUSEA, WE RECOMMEND TAKING GRAVOL 50 MG TABLET 30 MINUTES PRIOR TO STARTING YOUR PREPARATION.

DAY BEFORE YOUR PROCEDURE:

**6:00 AM:** Stop eating all solid food and begin ONLY clear fluids for the day (see bottom of page).

**12 pm:** Take 4 Dulcolax tablets with water.

**3:00 pm – 9:00 pm:** Drink THREE liters of Peglyte and continue with clear liquids..

DAY OF YOUR PROCEDURE:

**7:00 am – 9:00 am:** Drink the FOURTH (last) liter of Peglyte.

- YOU CAN THEN CONTINUE WITH CLEAR LIQUIDS AND STOP ALL LIQUIDS/FLUIDS 2 HOURS BEFORE YOUR PROCEDURE

## COLONOSCOPY + GASTROSCOPY PREPARATION

DAY BEFORE YOUR PROCEDURE:

**6:00 AM:** Stop eating all solid food and begin ONLY clear fluids for the day (see bottom of page).

**12 pm:** Take 4 Dulcolax tablets with water.

**3:00 pm – 12:00 am:** Drink ALL Peglyte.

- STOP ALL CLEAR LIQUIDS 8 HOURS PRIOR TO YOUR SCHEDULED PROCEDURE