

726 Upper James Street, Hamilton, Ontario. L9C 2Z9 (905) 575-5743

Date: _____

Time: _____

Dr: _____

If you need to **change or cancel** your appointment date, call the clinic directly: 905-575-5743
We require **three (3) business days' notice** to cancel or change an appointment or
there will be a **charge of \$150.00**

PREPARING FOR YOUR COLONOSCOPY / GASTROSCOPY

YOU ARE NOT ALLOWED TO DRIVE/TAKE PUBLIC TRANSIT ALONE FOR 24 HOURS
AFTER YOUR PROCEDURE FOLLOWING SEDATION

1. Arrange for someone to accompany you to and from GHA Surgical Centre. For safety reasons, this person will need to meet you inside the centre.
2. Arrive 30 minutes before your appointment time.
3. Bring your Ontario Health Insurance Card.
4. Bring a list of current medications.
5. Bring Juice, Gatorade, or Powerade to drink after the procedure.
6. Please be sure to wear loose, comfortable clothing and flat shoes.
7. No nail polish or artificial nail on the right index (pointer) finger.
8. If you do not speak English, please bring a family member or friend to translate for you.

Although your procedure is only 15-20 minutes, your stay with us will be approximately 2-3 hours

FOUR DAYS BEFORE YOUR APPOINTMENT

Start a **MODIFIED** low fiber diet 4 days prior to your appointment.

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

COLONOSCOPY PREPARATION

48 HOURS BEFORE YOUR PROCEDURE:

- Start clear fluids. Acceptable clear fluids are:

Water, clear sodas, light coloured juices (no pulp), yellow Gatorade or Powerade, light coloured iced teas, light coloured popsicles, yellow/pale jello, clear soup broth, light coloured tea.

AVOID: RED/BLUE DYE, MILK, COFFEE, TEA

NIGHT BEFORE YOUR PROCEDURE (5PM):

- Take the 4 Dulcolax tablets, then drink 2 bottles of Citromag followed by 1L of clear fluids.

MORNING OF PROCEDURE:

- At least 4 hours before procedure, drink 3rd bottle of Citromag.

STOP ALL FLUIDS 2 HOURS BEFORE YOUR PROCEDURE

COLONOSCOPY / GASTROSCOPY PREPARATION

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- Start clear fluids. Acceptable clear fluids are:

Water, clear sodas, light coloured juices (no pulp), yellow Gatorade or Powerade, light coloured iced teas, light coloured popsicles, yellow/pale jello, clear soup broth, light coloured tea.

AVOID RED/BLUE DYE, MILK, COFFEE, TEA

NIGHT BEFORE YOUR PROCEDURE (5PM):

- Take the 4 Dulcolax Tablets followed by all 3 bottles of Citromag. Finish the 3 bottles by 12:00 midnight before your procedure.

NO FLUIDS FOR 8 HOURS BEFORE YOUR PROCEDURE