

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: _____



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

We require three (3) business days' notice to cancel or reschedule your appointment or there will be a charge of \$150.00

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

For more information on your upcoming procedure please visit our website:

<http://www.ghasurgicalcentre.ca/patients/>

At least 4 days prior to your procedure:

- Start a low-fiber diet (peel fruit and vegetable skins, avoid multigrain bread and leafy greens)
- Do not consume seeds or nuts due to digestive residue.

Recommended clear fluids to drink throughout preparation:

- Clear/see-through Gatorades (or other electrolyte replacing beverages), clear broth, fruit juices (apple juice, white (not red) cranberry, white (not purple) grape), clear herbal tea, ginger ale, water. *Diabetics can use a fiber free supplement/ meal replacement.
- DO NOT DRINK JUST WATER ALONE



Appointment before 12:00 PM:

One day before your procedure:

06:00 am – Start clear fluids only, no solid food all day

11:00 am – Take all 4 Dulcolax tablets with clear fluid

12:00 pm – Take 1 sachet (first dose) followed by 1.5 to 2 Liters of a variety of clear fluids

6:00 pm – Take last sachet (second dose) followed by 1.5 to 2 Liters of a variety of clear fluids

Stop all fluids at least 2 hours prior to your procedure

Appointment after 12:00 PM:

One day before your procedure:

06:00 am – Start clear fluids only, no solid food all day

1:00 pm - Take all 4 Dulcolax tablets with clear fluid

3:00 pm - Take 1 sachet (first dose) followed by 1.5 to 2 Liters of a variety of clear fluids.

Day of Procedure:

06:00 am – Take last sachet (second dose) followed by 1.5 to 2 Liters of a variety of clear fluids

Stop all fluids at least 2 hours prior to your procedure

SPECIAL INSTRUCTIONS FOR PATIENTS HAVING BOTH COLO+GASTRO

One day before your procedure:

06:00 am – Start clear fluids only, no solid food

1:00 pm - Take all 4 Dulcolax tablets with clear fluid

3:00 pm - Take 1 sachet (first dose) followed by 1.5 to 2 Liters of a variety of clear fluids

8:00 pm - Take last sachet (second dose) followed by 1.5 to 2 Liters of a variety of clear fluids

STOP ALL FLUIDS BY 12AM (MIDNIGHT)