

# Your Colonoscopy and Gastroscopy

## Information

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Your Appointment is on: \_\_\_\_\_ DAY / MONTH \_\_\_\_\_ at: \_\_\_\_\_ H : M \_\_\_\_\_ AM  
PM

**For safe and effective screening of your colon, esophagus, stomach and duodenum, they must be completely empty on the day of your procedure. This document provides a step-by-step guide on how to prepare for your appointment.**

## Background:

A colonoscopy is a procedure used to diagnose diseases like colon cancer colitis and diverticulosis and to identify polyps. A colonoscope, a thin, flexible tube, is passed through the rectum into the colon to allow the doctor to look at the whole colon and the lower part of the small intestine. A small video camera is attached to the colonoscope so that pictures or video of the large intestine can be taken. If any abnormality is found, a biopsy or polyp removal [polypectomy] may be performed.

A gastroscopy is a procedure used to examine the esophagus, stomach and duodenum. The gastroscope is a thin, flexible tube, passed through the mouth into the esophagus, where biopsies of any abnormalities can be taken.

Our professional staff is here to make you as comfortable as possible during your procedure. Please follow these instructions carefully to ensure the highest level of safety and effectiveness. If you have any concerns before your appointment, please call the Clinic.

## Important things to know in advance:

- » If you choose to have sedation, **YOU MUST BE ESCORTED HOME BY AN ADULT FRIEND OR RELATIVE.**
- » Once you have an appointment, purchase a package of **Dulcolax** (5 mg) and a package of **PICO-SALAX** from your pharmacy. **See detailed instructions (Getting Ready) on page 2.**
- » Please make sure you **DO NOT drink anything for at least 4 hours before your procedure time.**
- » Purchase Gravol 50mg (to prevent nausea)

## Medical conditions and use of prescription drugs:

You must consult your physician or specialist before your procedure if you have certain medical conditions or if you are taking some prescription medications:

- » **Kidney and heart disease.** Ask your physician or cardiologist if you can take PICO-SALAX. If you can't, there are alternatives available. Contact the Clinic for more information.
- » **Diabetes:** If you are insulin dependant, consult your physician regarding your insulin requirements. If you are on oral medication, continue to take your medication and take one tin of diabetic Ensure or Glucerna at mealtime during your preparation. Be sure to make a morning appointment.
- » **Blood thinners such as Coumadin, Pradaxa, Pradax etc.** Ask your physician or Cardiologist when you should stop taking these medications prior to your procedure.
  - » **If you have been taking Coumadin, you must have an INR blood test a day before your procedure. Please ensure those lab results are faxed or emailed to our clinic, or bring them with you.**

## Understanding the risks:

- » A **Colonoscopy** is a potentially lifesaving procedure but, as with any invasive procedure, there are potential risks. Bleeding and bowel perforation requiring treatment rarely occurs.
- » There is a small risk of aspiration with the **Gastroscopy** procedure, which is significantly reduced by making sure you do not drink anything 4 hours prior to the procedure. Perforation and bleeding are extremely rare.
- » When you go home, if you have any symptoms that cause you concern, please call the Clinic. If the Clinic is closed, please go to your local emergency department immediately.

## Cancellations:

To avoid a \$200 cancellation fee, you must advise us a minimum of 3 business days in advance of your procedure.

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## Getting Ready with Pico-Salax

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<p><b>7 days before your procedure:</b></p>	<p><b>If you are taking any of the medications listed below, you must stop taking them 7 days before your procedure:</b></p> <ul style="list-style-type: none"> <li>» <b>Iron pills</b> or anything containing iron</li> <li>» <b>Ticlid</b> (Ticlodipine) or <b>Plavix</b> (Clopidogrel)</li> </ul> <p><b>BLOOD THINNER REMINDER:</b> As noted on page 1, if you are on <b>blood thinners</b>, ask your cardiologist when (or if) you should stop taking this medication before your procedure.</p>	
<p><b>2 days before your procedure:</b></p>	<ul style="list-style-type: none"> <li>» Take 2 tablets of Dulcolax 5mg (10 mg in total) with your breakfast</li> </ul>	
<p><b>1 day before your procedure:</b></p>	<p><b>Morning procedure (before 1 pm)</b></p> <ul style="list-style-type: none"> <li>» <b>No solid food ALL DAY</b></li> <li>» <b>Consume only clear fluids</b> — broth/consommé, Ensure (vanilla only), apple juice, Sprite, ginger ale, black coffee, tea without milk. You can also have Jell-O (no red or purple colours)</li> <li>» <b>If you are diabetic</b>, take Glucerna at breakfast and lunch</li> <li>» <b>DULCOLAX</b> Take 2 more tablets of Dulcolax 5mg (10 mg in total) at noon</li> <li>» <b>PICO-SALAX</b> Drink two sachets of PICO-SALAX, each mixed with one glass of water Take the <b>first</b> at 5pm Take the <b>second</b> at 10pm <b>Pico-Salax Notes:</b> Mix each sachet with one glass of water. <i>Make sure the mixture is completely dissolved.</i> <b>YOU MUST DRINK 1.5 TO 2 LITRES OF WATER OR CLEAR FLUIDS</b> (preferably Gatorade (clear or yellow colour only) <b>Over 2 hours following each sachet of Pico-Salax.</b></li> </ul>	<p><b>Afternoon procedure (after 1 pm)</b></p> <ul style="list-style-type: none"> <li>» <b>No solid food ALL DAY</b></li> <li>» <b>Consume only clear fluids</b> — broth/consommé, Ensure (vanilla only), apple juice, Sprite, ginger ale, black coffee, tea without milk. You can also have Jell-O (no red or purple colours)</li> <li>» <b>If you are diabetic</b>, take Glucerna at breakfast and lunch</li> <li>» <b>DULCOLAX</b> Take 2 tablets of Dulcolax 5mg (10 mg in total) at noon</li> <li>» <b>PICO-SALAX</b> Drink two sachets of PICO-SALAX, each mixed with one glass of water Take the <b>first</b> at 7pm <b>Pico-Salax Notes:</b> Mix each sachet with one glass of water. <i>Make sure the mixture is completely dissolved.</i> <b>YOU MUST DRINK 1.5 TO 2 LITRES OF WATER OR CLEAR FLUIDS</b> (preferably Gatorade (clear or yellow colour only) <b>Over 2 hours following each sachet of Pico-Salax.</b></li> </ul>
	<p><b>The day of your procedure:</b></p>	<ul style="list-style-type: none"> <li>» <b>PICO-SALAX</b> No more required</li> </ul>
<p><b>After your procedures:</b></p>	<ul style="list-style-type: none"> <li>» <b>Please make sure you do not drink anything for at least 4 hours before your procedure time.</b></li> <li>» If you are on prescription blood pressure or heart medications, you can take them in the morning.</li> <li>» Do not chew gum on the day of your procedure.</li> <li>» Arrive on time and wear comfortable, loose-fitting clothing.</li> <li>» You should be ready to be picked up approximately 90 minutes from the time you are taken in to start the procedure.</li> <li>» You will be able to resume your normal diet one hour after the endoscopy unless instructed otherwise.</li> <li>» Afterwards you may eat what you want and you may resume normal activities. It is not uncommon to feel gas cramps for a short while following the colonoscopy. But as long as your preparation for the procedure has been adequate, you can pass the gas with confidence – its bouquet will not be offensive. If a polyp was removed, do not start your blood thinners for another 3 days.</li> </ul>	