

COLONOSCOPY AND GASTROSCOPY

INSTRUCTIONS: CITRO-MAG AND PICO-SALAX

Background:

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.

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 are 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. Allow 24 hours for a response.

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. After your procedure, if you are experiencing significant pain or bleeding at home, and it is after clinic hours, please go to the nearest hospital emergency department immediately.

There is a small risk of aspiration with the gastroscopy, which is significantly reduced by making sure you do not eat anything for 8 hours or drink anything for 4 hours prior to your procedure.

When you go home, if you have any symptoms that cause you concern, please call the Clinic.

Cancellations:

To avoid a \$200 cancellation fee, you must advise us at least 3 business days in advance of your procedure if you need to cancel or reschedule.



Getting Ready for your Colonoscopy and Gastroscopy:

For effective screening of your colon, you need to prepare so that your colon is completely empty on the day of your procedure.

1. BMI

Kindly understand that if your BMI shows to be over 40 the day of your appointment, we will cancel your appointment. The clinic's protocol, in order to ensure safety, is such that any patients with a BMI over 40 should be seen in a hospital setting. Please be aware of this and be sure you have given us the correct height and weight prior to your appointment.

2. FIND SOMEONE WHO CAN DRIVE YOU HOME

- In advance of your appointment, arrange for an adult friend or relative to escort you home from the Clinic. You will be sedated, and you will not be allowed to leave the Clinic without a competent escort.
- Your procedure may be cancelled if you do not have someone to pick you up.

3. CONSULT YOUR PHYSICIAN IF...

- **You have kidney or heart disease:** Ask your physician or cardiologist if you can take CITRO-MAG and PICO-SALAX, which are two of the preparations you will ingest. If you can't, consult with the clinic about alternatives.
- **You have diabetes, or if you are insulin dependent:** Consult your physician regarding your insulin requirements during the time when your food intake will be restricted. It is recommended that you review this schedule with your doctor. If you are on oral medication, continue to take your medication and take one tin of diabetic Ensure or Glucerna (vanilla only) at mealtime (breakfast/lunch) during your preparation. Be sure to make a morning appointment for your colonoscopy.



- **You take blood thinners:** Most blood thinners need to be stopped 2 to 5 days before your colonoscopy, depending on the type, and on the advice of your cardiologist. This chart shows when to stop taking blood thinners, but whether it is shown or not, **CONSULT YOUR CARDIOLOGIST**. Please note: If the blood thinner you have been taking is **Warfarin** or **Coumadin** you must have an INR blood test the **day before your appointment**. Ensure that the results are faxed or emailed to our clinic, or bring them with you.

Blood thinner	When to stop taking
Clopidogrel (Plavix)	5 days before your appointment
Ticagrelor (Brilinta)	5 days before your appointment
Aspirin 81mg	The night before your appointment
Warfarin / Coumadin	5 days before your appointment. Need INR test.
Rivaroxaban (Xarelto)	2 days before your appointment
Apixaban (Eliquis)	2 days before your appointment
Pradaxa (Dabigatran)	2 days before your appointment
Lixiana (Edoxaban)	48 hours before your appointment

4. PURCHASE ALL YOUR SUPPLIES

- Two CITRO-MAG bottles (300ml).
- One PICO-SALAX kit – 2 powder sachets.
- Gravol – to prevent nausea during prep or after the procedure.
- Low residue/low fiber foods – see **Two days before your appointment**.
- Clear liquids – see **One day before your appointment**.



5. BEGINNING YOUR PREPARATION

STEP 1: Two days before your appointment

- Avoid leafy greens.
- Choose low-residue and low-fibre foods, see “FOOD GUIDE.”
- Stop iron pills.
- Take one bottle (300 ml) of CITRO-MAG at 6:00pm and start a clear liquid diet following this (you will remain on liquids until your procedure date).

STEP 2: One day before your appointment

If your procedure is *before or at* 12:00pm

- CLEAR LIQUIDS only, all day. Water, apple juice, Gatorade (no blue, red, purple), ginger ale, clear broth, JELL-O (yellow, orange, lime green). NO SOLID FOOD.
- Black Coffee or tea before 9:00 am only.
- Mix each packet of PICO-SALAX in one glass of water.
- At 2:00 pm drink the first glass of solution. By 4:00pm you will have had to consume up to 2 litres of any clear liquid of your choice following the glass of solution.
- At 6:00 pm drink the second glass of solution. By 8:00pm you will have had to consume up to 2 litres of any clear liquid of your choice following the glass of pico-salax solution.
- IF YOUR STOOL IS NOT CLEAR AFTER TAKING THE PICO-SALAX, PLEASE TAKE ONE MORE BOTTLE OF CITRO-MAG AT 10:00PM.

If your procedure is *after* 12:00pm

- CLEAR LIQUIDS only, all day. Water, apple juice, Gatorade (no blue, red, purple), ginger ale, clear broth, JELL-O (yellow, orange, lime green). NO SOLID FOOD.
- Black coffee or tea before 9:00 am only.
- Mix each packet of PICO-SALAX in one glass of water.
- At 6:00 pm drink the first glass of solution. By 8:00pm you will have had to consume up to 2 litres of any clear liquid of your choice following the first glass of solution
- At 10:00 pm drink the second glass of solution. By 12:00 am you will have had to consume up to 2 litres of any clear liquid of your choice following the second glass of solution.



STEP 3: On the day of your appointment

If your procedure is before 12:00pm

- NO solid foods.
- No coffee, tea or broth.
- **NO LIQUIDS, NOT EVEN WATER, 4 HOURS BEFORE THE APPOINTMENT.**

If your procedure is after 12:00pm

- **IF YOUR STOOL IS NOT CLEAR AFTER TAKING THE PICO-SALAX, PLEASE TAKE ONE MORE BOTTLE OF CITRO-MAG AT 6:00 AM.**
- NO solid foods.
- NO coffee, tea or broth.
- **NO LIQUIDS, NOT EVEN WATER, 4 HOURS BEFORE THE APPOINTMENT.**

*****If you are on prescription blood pressure or heart medications, you can take them in the morning with a small sip of water 3 hrs before your procedure. Other medications can be taken after the procedure unless otherwise instructed.**

6. AFTER YOUR PROCEDURE:

You will remain in the Clinic for a short time while your sedation begins to wear off. The doctor will see you briefly and you will be given a Colonoscopy and/or Gastrosocopy Discharge report depending on the procedure you had. Then you will go to Reception, where you will wait for your driver to take you home.

- ✓Resume your normal diet one hour after your colonoscopy unless you are instructed otherwise
- ✓Eat high-fiber foods or take fiber supplements
- ✓Drink plenty of fluids, especially prune juice
- ✓Resume taking prescribed medications
- ✓Have someone with you to help
- ✗Avoid alcohol for 24 hours
- ✗Avoid strenuous exercise or activity
- ✗Don't drive for 24 hours



TABLE 1 FOOD GUIDE: LOW-RESIDUE/FIBRE FOODS

✓ LOW RESIDUE/FIBRE FOODS TO CHOOSE	✗ FOODS TO AVOID
Breads, pasta, and other starches to choose: ✓ White bread, biscuits, muffins, and rolls; plain crackers; white pasta; white rice; cream of wheat; grits; white pancakes; cornflakes; cooked potatoes without skin.	Avoid: ✗ Whole-wheat or whole-grain breads, crackers, and pasta; breads with seeds or nuts; cornbread; wild or brown rice; whole-grain cereals, bran cereals, granola cereals, popcorn, cereals with seeds, nuts, coconut, or dried fruit; potatoes with skin
Dairy to choose: ✓ Milk, smooth yogurt, ice cream, custard, cheese and cottage cheese	Avoid: ✗ Ice cream and yogurt with seeds or nuts, or with chunks of fruit
Fruit to choose: ✓ Ripe banana; ripe nectarine, peach, apricot, papaya, plum; soft honeydew melon and cantaloupe; cooked or canned fruit without skin or seeds; applesauce; strained fruit juice (without pulp)	Avoid: ✗ Raw or dried fruit; all berries; raisins; canned and raw pineapple; prunes and prune juice
Vegetables to choose: ✓ Well-cooked or canned vegetables without seeds, such as eggplant, green and wax beans, carrots, yellow squash, pumpkin, beets	Avoid: ✗ Vegetables with seeds, such as unstrained tomato sauce; green peas; lima beans; broccoli; corn; parsnips, tomatoes
Meats and Proteins to choose: ✓ Tender, well-cooked meat, including ground meat, poultry, and fish; eggs; tofu; creamy peanut butter	Avoid: ✗ Tough, chewy meat with gristle; peas, including split, yellow, black-eyed; beans, including navy, lima, black, garbanzo, soy, pinto, lentil; peanuts and crunchy peanut butter
Fats, oils, sauces, condiments to choose: ✓ Butter, margarine, oils, whipped cream, sour cream, mayonnaise, smooth dressings and sauces; plain gravy; smooth condiments	Avoid: ✗ Dressing with seeds or fruit chunks; pickles and relishes
Other foods and drinks to choose: ✓ Plain gelatin; plain puddings; pretzels; plain cookies and cakes; honey, syrup, caffeinated drinks, including tea and coffee (ask your doctor first); soda	Avoid: ✗ Popcorn; spicy foods; foods made with cocoa powder; alcohol (ask your doctor); marmalade, jam, preserves; desserts that have seeds, nuts, coconut, dried fruit, whole grains or bran; candy with seeds or nuts

