

patient preparation form for outpatient colonoscopy and endoscopy

Dear Patient: Welcome to Tri-City Colonoscopy Clinic. We are very pleased to be part of your health care team. Our clinic strives to provide you with efficient, up to date, state of the art, expert endoscopic and colonoscopic services. Please read this document in its entirety. If you have any questions please call 519-650-2777. Any of our staff would be happy to help you.

<p>Date of procedures: _____</p> <p>Arrival time: _____</p> <p>Procedure time: _____</p> <p>Procedure Doctor: _____</p>

confirmation

Please confirm your appointment time at least 10 days before the procedure date (the earlier the better). If you fail to show up for the procedure, you will be charged \$350.00.

consenting process

Please read the consent form prior to the day of the procedure. The consent form can be found on our web site or by contacting the clinic. When you arrive for your procedure, the doctor scheduled to do the test will take time to review your medical history, explain the procedures thoroughly, and sign your consent before the procedures.

YOU MUST REMEMBER THAT YOU WILL NOT BE ALLOWED TO DRIVE UNTIL THE DAY AFTER YOUR TEST. The drugs you will be given to sedate you for the procedure interfere with your ability to focus and operate a motor vehicle. **You will need to make arrangements to have someone drive you home after your procedure. Even if you are taking a taxi, you MUST be accompanied by a responsible adult.** As your safety is our first concern, there are NO EXCEPTIONS. Also, for safety reasons, the person driving you home will need to come and pick you up inside the clinic (you can not leave the clinic on your own).

We recommend that you do not work on the day of the procedure. Please wear comfortable clothing and flat shoes. Leave valuables at home.

You will need to buy:

- 1 box of Pico-Salax – each box has 2 packets
- 4 tablets of Dulcolax (5mg)

Prescriptions are not required. If you are over 65, or you have a private insurance, then the clinic will be happy to provide you with a prescription upon request.

7 days before your procedure:

Stop taking all Aspirin/Aspirin-related medications, Ticlid, Plavix.

If you take blood thinners such as Warfarin, Coumadin or Heparin, you will need to see one of our endoscopists in consultation first before a procedure is scheduled. This consultation can be arranged expeditiously.

Continue all other medications as prescribed.

3 days before your procedure:

Stop taking fiber supplements – Flax seed, Metamucil, nuts, seeds, popcorn, etc.

2 days before your procedure:

Take two tablets of Dulcolax before bed.

1 day before your procedure:

No solid food today. You will be on a clear fluid diet until you have had your colonoscopy REMEMBER – THE MORE YOU DRINK, THE LESS HUNGRY YOU WILL FEEL AND THE LAXATIVES WILL BE MORE EFFECTIVE. **Drink 2-3 liters (8-10 cups) of clear fluids after EACH packet of Pico Salax.** Vary the fluid – do not just drink water – you need some sweet and salty fluids.

Fluid suggestions: water, apple juice, ginger ale, Gatorade, clear broths, clear Jell-O, and tea without milk. Avoid juices with pulp, dairy products, or red or purple colored fluids.

for morning colonoscopy appointments (before noon):

On the day before your procedure:

3 PM	2 TABLETS OF DULCOLAX.
4 PM	FIRST PACKAGE OF PICO SALAX (Mix with 150 ml of water)
10 PM	SECOND PACKAGE OF PICO SALAX (Mix with 150 ml of water)

Continue to drink plenty of clear fluids until 2 hours before your procedure, then stop.

for afternoon colonoscopy appointments (12pm and after):

On the day before your procedure:

8 PM	2 TABLETS OF DULCOLAX
9 PM	FIRST PACKAGE OF PICO SALAX (MIX WITH 150 ML OF WATER)

On the morning of your procedure:

7 AM	SECOND PACKAGE OF PICO SALAX (MIX WITH 150 ML WATER)
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Continue to drink plenty of clear fluids until 2 hours before your procedure, then stop.

After the 2 packages of PICO SALAX, if you have been drinking enough fluids, your bowel movements will be a clear pale yellow liquid with no solids and will look almost like urine.

Bring your OHIP card and list of all current medications with you. Leave jewelry, wallet and any valuables at home.

Please arrive **no later** than 60 minutes ahead of your procedure time. Anticipate your departure from TriCity Colonoscopy Clinic 2-2½ hours after your arrival.

Welcome to Tri-City Colonoscopy Clinic, we look forward to meeting you.