



OAKVILLE ENDOSCOPY CENTRE INC.

2125 Wycroft Road, Unit 5
Oakville, Ontario
L6L 5L7
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4L Preparation for Colonoscopy

*If you are unsure of what time your procedure is, or at what time to arrive, please call us at **905-842-3666**

Cancellation

If you fail to show up for your procedure, reschedule or cancel your appointment within 1 week (7 days) of your confirmed procedure date you will be charged a cancellation fee of \$100.

Informed Consent

You will be asked to sign a consent form before the procedure is performed. The doctor performing the procedure will discuss this with you.

Notify the OEC Immediately if you have any of the following; for safety reasons, your procedure may be cancelled if any of the factors below are present.

- If you are on home oxygen.
- If you are taking any non-ASA blood thinners (including but not limited to Aggrenox/Dipyridamole, Brilinta/Ticagrelor, Cilostazol, Effient/Prasugrel, Eliquis/Apixaban, Plavix/Clopidogrel, Pradaxa/Dabigatran, Savaysa/Edoxaban, Ticlic/Ticlopedine, Warfarin/Coumadin, Xarelton/Rivaraxaban).
- If you are on home oxygen.
- If you are experiencing moderate to severe flu-like symptoms.
- If you are experiencing any GI-related symptoms (blood in stool, abdominal pain, change in bowel habits).
- If you contract an infectious disease.
- **If your BMI (body mass index) is over 45.** A BMI calculator is available on www.theoec.ca/prep-sheet.html

As you will be sedated for the procedure, you will not be allowed to drive until the next morning. You will need to make arrangements for someone to accompany you when you leave the clinic. You are not allowed to drive home, or to leave the clinic alone, or to take a taxi unaccompanied. **If you have not arranged to be accompanied home, your scope will be rescheduled to another day. There are no exceptions.**

Continue taking all of your prescribed medications, including Aspirin, up to the day of the procedure. The only exception is any non-ASA blood thinners (in which case call us immediately, as stated above).

*** Diabetic patients: please bring your glucometer with you to the clinic ***

PREPARATION

You will need to buy:

- 1 x 4L plastic bottle/jug of CoLyte® or PegLyte®
- 3 bisacodyl tablets (such as Dulcolax®)

*Most local pharmacies carry these items. Prescriptions are not needed, just ask your pharmacist for them.

Directions

2125 Wycroft Road, back entrance, Oakville, Ontario.

Major Intersection: Third Line and Wycroft, south of the QEW.

There is ample parking.

7 Days before the procedure:

- Stop taking fibre supplements (Flax seed, Metamucil®, etc)

3 Days before the procedure:

- **Do not consume any seeds, nuts, fresh fruit and vegetables, multigrain – anything that is high on fibre**

1 Day before the procedure:

- You will not eat today. You will be on a liquid diet until your colonoscopy is over.
- Throughout the day (morning to night), drink a minimum of **4 litres** of clear fluids. **Do not drink only water. Vary your fluids.**
- Clear fluids include: water, apple juice, white cranberry juice, white grape juice, ginger ale, chicken or beef broth, tea (without milk – sugar is fine), Gatorade®, Jello®.
- Do not drink coffee, dairy products, or anything coloured red or purple or blue. Try to avoid dark-coloured beverages. Yellow and green are the safest options.
- Diabetics – continue your medication and take 1 meal replacement (such as Glucerna® or Resource®) at each meal time during your preparation, including the morning of the procedure.
- **12:00 pm day before the procedure - mix the solution of CoLyte® or PegLyte®.** Fill jug with water to the fill line. You may add powder/crystal flavouring. You may not add ice or any other fluid. Refrigerate solution once mixed (this will make it easier to drink).
- **1:00 pm day before procedure- take 2 bisacodyl tablets.**
- **7:00 pm day before procedure-** start to drink the solution. Drink 1 glass (250 ml) every 15 minutes, resting between doses. Continue drinking until **half of the solution (2L) is gone.**
- Drink a minimum of 2 litres of clear fluids over the next three to four hours – more is better, if possible.
- Your bowels will usually start to move within 1 hour, producing a series of watery bowel movements.

Day of the procedure:

- **4½ hours before appointment time** - take the 1 bisacodyl tablet
- **4 hours before appointment time** – drink the rest of the CoLyte® solution at the same rate as before: 1 glass (250 ml) every 15 minutes.
- Continue to drink as many clear fluids as you can, from the time you wake up until 2 hours before the procedure.
- **You will have nothing to drink for 2 hours prior to the procedure, to ensure safety for the sedation.**

The more you drink more effective the preparation will be

*By this point, if you have been drinking enough water, your stool or bowel movements will be clear pale yellow liquid with no solids and will look almost like urine.

Remember to bring your **OHIP card** and a **list of current medications.** Please be sure to wear loose, comfortable clothing and flat shoes.

At the Procedure

This is a routine procedure.

You will be given the option of taking sedation and we recommend that you do so. Sedation relieves discomfort and relaxes the bowel since it is not used to things going in the opposite direction.

You can expect to be at the clinic for approximately 2 hours from the time you arrive until the time you leave. However, due to the nature of medical procedures, the time may be longer. Please ensure some flexibility on the part of the person picking you up at the clinic.

You will receive post colonoscopy instructions after your procedure is complete, including the preliminary findings.

A copy of your procedure report will be sent to your family doctor 6-8 weeks after your procedure. Do not contact the Oakville Endoscopy Centre for your results – they are to be discussed with your family doctor.

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If you have any questions, you can contact us at 905-842-3666.