



OAKVILLE ENDOSCOPY CENTRE INC.

2125 Wyecroft Road, Unit 5  
Oakville, Ontario  
L6L 5L7  
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## Colonoscopy

### **Rescheduling/ Cancellation:**

If you miss, cancel, or reschedule your procedure less than 7 days before the scheduled date, you will be charged a \$100 cancellation fee.

### **Informed Consent:**

This will be explained prior to your procedure.

### **Notify the OEC immediately if you have any of the following:**

- If you have any recent or pending cardiac investigations (e.g. Holter Monitor, Cardiac ECHO, Angiogram, Cardiac Stress Test...)
- You're taking non-ASA blood thinners (including but not limited to Aggrenox/Dipyridamole, Brilinta/Ticagrelor, Cilostazol, Effient/Prasugrel, Eliquis/Apixaban, Plavix/Clopidogrel, Pradaxa/Dabigatran, Lixianas/Savaysa/Edoxaban, Ticlic/Ticlopedine, Warfarin/Coumadin, Xarelto/Rivaroxaban).
- You use home oxygen.
- You've contracted an infectious disease (e.g. flu, shingles...)
- You have GI symptoms (e.g., blood in stool, abdominal pain, or changes in bowel habits).
- You've had any heart issues in the past 12 months.
- You have a pacemaker.
- You use a wheelchair.
- Your Body Mass Index (BMI) is over 45. A BMI calculator is available at <https://www.theoec.ca/prep-sheet.html>

*For safety, your procedure may be rescheduled or modified if you have any of the above factors.*

**Sedation:** Since you'll be sedated during the procedure, you cannot drive home afterward. You **must** have someone accompany you when you leave the clinic. You are not allowed to drive home by yourself, leave the clinic alone, or to take a taxi unaccompanied. **If you have not arranged to be accompanied home, your procedure will be rescheduled. No exceptions.**

**Medications:** Continue taking all your prescribed medications, including Aspirin, until the day of the procedure.

### **Procedure:**

- This is a routine procedure, and sedation is offered (recommended) to help relieve discomfort and relax the bowel.
- Please wear loose, comfortable clothing and flat shoes.
- Leave all of your valuables, such as jewellery or money at home.
- Expect to be at the clinic for about 2 hours, but it could take longer due to the nature of medical procedures, so ensure the person picking you up has flexibility.
- After the procedure, you will receive post-colonoscopy instructions and preliminary findings.
- Your procedure report will be sent to your family doctor 8-12 weeks after the procedure.

## **Pico-Salax® Preparation**

**If you have a recent history of congestive heart failure, cirrhosis or kidney disease, please use the Bi-PegLyte preparation or contact the Oakville Endoscopy Centre for more information**

### **Please check (✓) the following:**

- Read all instructions before starting to get ready for the procedure
- Purchase the following items (available at most pharmacies, prescriptions are not needed):
  - 1 box Pico Salax® (each box has 2 packets)
  - 3 bisacodyl tablets (such as Dulcolax®)

### **7 Days Before Procedure:**

- Follow instructions as indicated on the next page

### **3 Days Before Procedure:**

- Follow instructions as indicated on the next page

### **1 Day Before Procedure:**

- Clear fluid diet starting today
- Start bowel preparation according to instructions indicated on the next page

### **Day of Procedure:**

- Take bowel preparation according to instructions indicated on the next page
- STOP** drinking all fluids **3 hours prior** to my appointment
- I have arranged for someone to drive me home

### **Please bring with you to the clinic:**

- OHIP card
- Completed/ filled out medical history form
- A list of ALL medications, including prescription and over the counter medications
- If Diabetic:* your glucometer
- If Hearing Impaired:* your hearing aids

### **Directions:**

Suite 5- 2125 Wyecroft Rd, Oakville, ON, L6L 5L7  
Major Intersection: Third Line and Wyecroft Road, south of the QEW  
**(Entrance is towards the back of the building)**

**Pico Salax Preparation Instructions:**

<p><b>7 Days Before the Procedure:</b></p>	<ul style="list-style-type: none"> <li>• Stop taking fiber supplements (e.g., flax seed, Metamucil®, Bran Buds etc.).</li> <li>• Reduce fiber by avoiding nuts, grains, and high-fiber foods.</li> </ul>
<p><b>3 Days Before the Procedure:</b></p>	<ul style="list-style-type: none"> <li>• Avoid seeds, nuts, and limit fresh fruits, vegetables, and multigrain products.</li> </ul>
<p><b>1 Day Before the Procedure:</b></p>	<ul style="list-style-type: none"> <li>• <b>No solid foods.</b> Follow a liquid diet until your colonoscopy is complete.</li> <li>• Drink clear fluids only from when you wake up and throughout the day             <ul style="list-style-type: none"> <li>◦ Clear fluids include: water, apple juice, white cranberry juice, ginger ale, chicken/ beef broth (or other clear broth), tea, coconut water, sports drink (such as Gatorade®), or Jello®</li> </ul> </li> <li>• <i>Do not drink:</i> coffee, dairy, and red/purple/blue liquids. Yellow and green are okay.</li> <li>• <b>Diabetics:</b> Continue your medication and have 1 meal replacement per meal (such as Ensure®, Glucerna® or Resource®)</li> <li>• <b>4:30 PM:</b> Take 2 bisacodyl tablets.</li> <li>• <b>5:00 PM:</b> Take 1 packet of Pico-Salax® mixed with a glass of cold water (150ml). If it heats up, let it cool. Stir until dissolved and drink.</li> <li>• Drink at least 3 liters of clear fluids over the next 3–4 hours. <b>DO NOT DRINK WATER ALONE.</b> You should drink some sort of balanced electrolyte solution.</li> <li>• Watery bowel movements usually start within 1 hour (however, this varies between each person).</li> </ul>
<p><b>Day of the Procedure:</b></p>	<ul style="list-style-type: none"> <li>• <b>6 hours before your appointment:</b> <ul style="list-style-type: none"> <li>◦ Take 1 bisacodyl tablet, then mix and drink the second packet of Pico-Salax® as before.</li> </ul> </li> <li>• Followed by drinking at least 1.5 liters of clear fluids</li> <li>• <b>Diabetics:</b> No meal replacement today (such as Ensure®, Glucerna® or Resource®). If your blood sugar is low, please take a clear fluid (apple juice, Gatorade, etc.) or a glucose tablet</li> <li>• <b>STOP drinking all fluids 3 hours before your appointment</b></li> <li>• By this time, your stool should be clear and pale-yellow, resembling urine.</li> </ul>
<p><b>*The more clear fluids you drink during your 2 day prep, the more effective the preparation will be *</b></p>	

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