



# Intestinal Health Institute

(Dr. Murray and Dr. Pendergast)

www.gutsmart.com

## COLONOSCOPY PREPARATION

APPOINTMENT: \_\_\_\_\_ ARRIVE: \_\_\_\_\_

YOUR RIDE **MUST COME UPSTAIRS TO PICK YOU UP AT** \_\_\_\_\_

**We need to know if you take Aspirin, Plavix, or Coumadin before you book the procedure.**  
Let us know if you have Diabetes or Sleep apnea (Bring CPAPmachine).

Purchase a box (2 sachets) of **PICO-SALAX**. At any pharmacy. No prescription is necessary. Follow OUR instructions, not the ones in the box.

Avoid seeds, nuts, and vegetables for 3 days before the procedure. If you are prone to constipation take 2 Dulcolax tablets 2 nights before. The **WHOLE** day before the colonoscopy (even breakfast) you may have only clear fluids. This includes Jello, strained broth (no noodles), consommé soups, apple juice, clear tea, clear coffee, ginger ale, 7-Up, and water. **DO NOT** eat solid food or drink milk. Please avoid red liquids. Sports drinks such as Gatorade should be used to replace electrolytes.

**Procedure before 10 AM:** Take one Pico-Salax sachet at noon the day before and take the second sachet at about 6 PM the evening before.

**Procedure after 10 AM:** Take one Pico-Salax sachet at 6 PM the evening before, take the second sachet in the morning 5 hours before your procedure.

You must consume **6-8 glasses** of clear fluid after each dose. The visualization of your bowel depends on this. Make all attempts to get this done within an hour or two. You should have nothing by mouth for three hours before coming in for the procedure.

The day of the colonoscopy: Wear short sleeves and loose fitting clothes. Take your normal medications with sips. You will be receiving sedation and need to arrange for another adult to come upstairs to take you home. You cannot take a Taxi, unless accompanied by another adult. You will **NOT be able to drive** until the next day. The sedation will impair your memory, coordination, concentration & judgement for several hours even when you feel normal.

**AFTER COLONOSCOPY:** It is normal to have mild cramping & to pass air. A warm bath can help this. You may return to your normal diet immediately.

\*\* Call the Institute at **905 947 9437** during working hours, or go to the nearest emergency department, if you notice abdominal pain, fever, vomiting or blood in the stools. These could be the first signs of a complication. There is a 1:2000 chance of perforating the colon, and a 1:500 chance of bleeding if polypectomy is performed.

**72 HOURS (3 WORKING DAYS) NOTICE IS REQUIRED FOR A CANCELLATION  
OR THERE WILL BE A \$200 FEE CHARGED DIRECTLY TO THE PATIENT.**