



# Colonoscopy Instructions

Your reflexes and judgment can be impaired by the medications administered during the procedure. It is strongly recommended that you be accompanied because **YOU WILL NOT BE ABLE TO DRIVE OR OPERATE MACHINERY AFTER THE PROCEDURE THAT DAY.**

**Do NOT make any important decisions or sign any legal documents for twelve (12) hours after having received sedation during the test.**

## INSTRUCTIONS

Your colon must be **COMPLETELY EMPTY** in order for the colonoscopy to be successful. Please follow these instructions carefully:

### **IF YOU ARE CONSTIPATED, HAVE KIDNEY PROBLEMS, OR WERE NOT CLEAN ENOUGH DURING YOUR LAST COLONOSCOPY**

1. Purchase a bottle of *Golytely* or *Colyte* (4 liters) at the pharmacy.
2. The day before the colonoscopy (24 hours before), **drink only CLEAR FLUIDS for the entire day** (see **CLEAR FLUIDS** section below). No solid foods or dairy are allowed.
3. Drink 2 litres of the *Golytely* or *Colyte* solution as of **6:00 PM** the day before. Drink roughly one cup every 15 minutes. You can mix it with juice or other clear liquids if you prefer. Drink the other 2 litres the morning of the procedure, 3 hours before the test, but no later than **6:00 AM**.
4. You may have clear fluids the morning of your procedure, unless you are also having a gastroscopy in which case you should be fasting from midnight.

### **IF YOU HAVE REGULAR OR FREQUENT BOWEL MOVEMENTS, AND NO KNOWN KIDNEY PROBLEMS**

1. Purchase 2 sachets of *Pico-Salax* (or the generic version *Purg-Odan*) and one bottle of *Citromag* at the pharmacy. Discard the instructions in the package insert. Instead, follow the steps as described below.
2. The day before the colonoscopy (24 hours before), **drink only CLEAR FLUIDS for the entire day** (see **CLEAR FLUIDS** section below). No solid foods or dairy are allowed.

3. Take the first sachet of ***Pico-Salax*** at **4:00 PM**, and the second sachet at **9:00 PM**, the evening before your colonoscopy.
4. You must drink **4 — 6 large glasses** of clear liquids, including *at least* one serving of replenishing fluid such as light-coloured Gatorade or Pedialyte, following *each* sachet of ***Pico-Salax***.
5. Drink half the bottle of ***Citromag*** the morning of your colonoscopy, as of **6:00 AM**.
6. You may have clear fluids the morning of your procedure, unless you are also having a gastroscopy in which case you should be fasting from midnight.

To prepare the ***Pico-Salax*** mixture: empty the contents of the packet into a cup and add 150mL (5oz) of cold water. Stir until the powder is dissolved. Initially, the mixture may warm up. Let it cool down before you drink it.

## CLEAR FLUIDS

**Allowed clear fluids include the following:** Strained fruit juices (apple, white grape, lemonade), water, clear broth or bouillon, coffee or tea (without milk), Gatorade, carbonated or non-carbonated soft drinks, plain Jell-O (no added fruit or topping), Ice Popsicles, Kool-Aid or other fruit flavoured drinks. Avoid liquids coloured purple or red.

## INFORMING ABOUT MEDICAL CONDITIONS

It is important to inform the doctor in advance if you have the following medical conditions:

- If you are taking **COUMADIN, PLAVIX**, or other **anticoagulants** such as **XARELTO, ELIQUIS**, or **PRADAXA** it is usually necessary to stop these medications prior to the procedure. Please discuss this in advance with your doctor to determine if these medications can be stopped.
- If you have **diabetes**, your diabetic medications will need to be adjusted prior to starting the preparation for the colonoscopy.
- If you have **kidney disease**, you must take an alternative preparation that can be prescribed.
- If you require antibiotics prior to dental work due to heart disease.
- If you are allergic to any medications.

## COMPLICATIONS

Colonoscopy and polypectomy are associated with a very low risk of complications when performed by specialized physicians. One possible complication is a perforation (a tear in the wall of the intestine) that can occur in less than 0.05% (1 in 2,000) of cases. If that were to occur, the administration of antibiotics and intravenous solutions are often sufficient to resolve the situation. Rarely does it require a surgical intervention. Bleeding may occur at the site of the biopsy or polyp removal; it is usually minor and stops on its own or can be controlled by cauterization. It is extremely rare that we have to transfuse or perform surgery to stop the bleeding. Localized irritation of the vein or a small bruise may occur at the site of injection of medicate, this will resolve after a few days or, more rarely, after a few weeks. We rarely see

reactions to the medication administered during the procedure; these reactions would resolve by themselves rapidly. Other extremely rare complications can occur in predisposed patients, including a heart attack or a stroke. As with any other medical intervention, cases of death have been reported, but this is extremely rare.

**INFORMED CONSENT:**

I have read and understand the content of this form. I agree to undergo the procedure colonoscopy.

X \_\_\_\_\_  
(Patient)

X \_\_\_\_\_  
(Witness)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Doctor's Signature)