

Your COLONOSCOPY is on \_\_\_\_\_ ARRIVAL TIME: \_\_\_\_\_ PROCEDURE TIME: \_\_\_\_\_

**\*\*2 Day Prep\*\***

Check-in: Dr. Bookman performs procedures at **2 different locations**, please check carefully where you are booked

- St. Joseph's Health Centre, 30 The Queensway, Patient Registration, Ground Floor, Tranquility Garden Entrance
- Kensington Screening Clinic, Suite 601, 340 College Street

Please Bring:

1. A responsible adult to escort you home, **OR ELSE YOUR PROCEDURE WILL BE CANCELED**, and you will be responsible for the cancellation fee. A taxi does **NOT** count as an escort. You will **NOT** be allowed to drive or work for the rest of that day.
2. Ontario Health Card

**Cancellation Fees:** \$50 if less than 2 weeks notice AND \$250 if less than 48 hours notice

**Medications:** Continue all medications, including the day of the test, except for:

- Blood thinning medications: - you **MUST** confirm with your GP or cardiologist if it is OK to stop
  - Aspirin/baby aspirin, Aggrenox, clopidogrel (Plavix), ticagrelor (Brilinta) – **hold for 5 days** before,
  - Ticlopidine, prasugrel (Effient) – **hold for 14 days** before,
  - warfarin (Coumadin) – **hold for 5 days** before,
  - dabigatran (Pradaxa), rivaroxaban (Xarelto), apixaban (Eliquis) – **hold for 3 days** before
- Diabetes medications:- please consult your GP or Endocrinologist
- Iron Supplements or Multivitamins with Iron – **hold for 7 days** before

**PURCHASE:** 1 Peglyte Kit and 3 Bisacodyl 5mg tablets from *any* pharmacy at least 2 days before your procedure.

- Use package insert for mixing instructions only. Follow instructions below for diet and timing of ingestion.

**Three Days Before Your Colonoscopy:**

- **Stop eating any** corn, nuts or seeds
- **Stop eating** fibre supplements like Metamucil

**Two Days Before Your Colonoscopy:**

1. **Before 10AM**
  - a. Eat from the following list: 2 eggs with or without condiments; **OR** 2 slices of white bread or 1 plain bagel with butter, jelly, or cream cheese; **OR** 2/3 cup yogurt (no seeds, berries, nuts); **OR** 1 banana; **OR** 1 Egg McMuffin but no bacon.
2. **After 10AM – No Solid Food.** Drink **ONLY** the following **clear fluids** (the more the better): coffee and tea (NO milk or cream), clear soup (no noodles or solid contents), clear juices (apple, white grape, white cranberry), Gatorade, soda water, ginger ale, jello. **No** dairy products. **No** red or purple colours. **Sports drinks are strongly recommended** because they contain electrolytes which will prevent light headedness. Do **NOT** just drink water

**One Day Before Your Colonoscopy:**

1. Continue the Clear Fluid Diet from yesterday. **No solid food for breakfast today.**
2. Put the PegLyte in the refrigerator in the morning.
3. **5PM – Take the 3 bisacodyl tablets** with water. Do not chew or crush the tablets.
4. **7PM - rapidly drink the first 2L of the prep solution (finish within 1 to 2 hours).**

**Day of Your Colonoscopy:**

1. **4 Hours Before Your Colonoscopy - rapidly drink the second 2L of Peglyte (finish within 1 to 2 hours).** For example, if your appointment is at 7:30AM, drink the solution at 3:30AM.
2. **2 hours before your procedure – STOP DRINKING**, except a sip of water with your meds. If you have a headache, you can take Tylenol. If you feel nauseated, you can take Gravol.