

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

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 Bi-Peglyte Kit** 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** fibre supplements like Metamucil.

**If you have Diabetes or tend toward constipation, have NO solid food for 2 Days before your colonoscopy.**

**One Day Before Your Colonoscopy:**

**1. Before 10AM**

- a. Mix and refrigerate first packet of prep solution in 1 Litre of water.
- b. 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.

**3. 5PM – Take the 3 bisacodyl tablets** with water. Do not chew or crush the tablets.

**4. 7PM**

- a. **Rapidly drink the first dose of the prep solution (finish within 1 hour).**
- b. Mix and refrigerate the second packet of prep solution in 1 Litre of water.

**Day of Your Colonoscopy:**

1. **4 Hours Before Your Colonoscopy - rapidly drink the second dose of the prep solution (finish within 1 hour).** 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.