

COLONOSCOPY APPOINTMENT

MEDICATION



Date: ___/___/___

Date to be stopped: ___/___/___

Time: ___:___ AM/PM

Colonoscopy Preparation

Cancelation Fees:

\$25 if less than 2 week 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

Important



No solid food or milk should be taken 1 day before and the day of the colonoscopy.

No Seeds or Nuts for 5 Days Before the Procedure

Acceptable clear fluids



Clear broths

Clear pulp-free juice (apple, white grape, white cranberry)

Clear soft drinks (Ginger Ale, Sprite)

Jell-O[®], popsicles

Tea, herbal tea, coffee without milk

Do NOT just drink water

We encourage you to drink additional clear liquids to ensure proper cleansing of the bowels.

Do not drink the following beverages



NO red or purple liquids

NO alcoholic beverages

NO milk or dairy substitutes

NO liquids that you can't see through

1 Day before your colonoscopy procedure

Date : __/__/__

Start a clear liquid diet and continue *until* your colonoscopy



No solid food or milk
(clear liquids only should be taken - see list above)

1 Day before your colonoscopy procedure – continue the clear liquid diet!

STEP

1



MORNING

- Prepare the Peglyte solution as follows:
 - Dissolve the entire contents of 2 of the sachets in 2L (64 ounces) of water OR mix the Jug and go to step D
- Mix rapidly 2-3 minutes until a clear solution forms
- Repeat steps a) and b) with the 3rd and 4th sachets
- Refrigerate the solution to improve the taste.

STEP

2



AFTERNOON / EVENING

- At **5:00 PM** Take the 3 bisacodyl tablets (total of 15 mg) with water
Do not chew or crush the tablets.
A 1st bowel movement usually occurs 1 to 6 hours after you take the pills



- At **8:00 PM** rapidly drink a glassful (240 mL) of the Peglyte solution every 10 minutes (total of 8 glasses) until the 2L solution is finished.



Check off each glass after consumption

Day of colonoscopy procedure



No solid food or liquid nor milk
should be taken the day
of your colonoscopy.

- 4h before your appointment**, rapidly drink a glassful (240 mL) of the Peglyte solution every 10 minutes (total of 8 glasses) until the 2L solution is finished. For example, if your appointment is at 8AM, drink the solution at 4AM.



Check off each glass after consumption

- 2h before your appointment – 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.

Please have a responsible adult to accompany you home after your colonoscopy. Even if taking Taxi or TTC, you must have an adult with you, or else you cannot receive sedation. You will NOT be allowed to drive or work for the rest of the day.