

MORNING COLONOSCOPY INSTRUCTIONS

NAME: _____

You have been booked for a colonoscopy appointment for _____

PLEASE report to the Mount Sinai Hospital ENDOSCOPY UNIT on the 6th floor 1 hour prior to your appointment TO CHECK IN.

ONE WEEK PRIOR

- You must call and confirm with the office at (416) 586-4800 ext 2475**
- If you need to cancel your appointment, please call the office at least 7 days in advance
- Arrange for a responsible adult to take you home after your procedure.
- Eat no seeds, grapes, corn, peas, tomatoes or cucumbers for 3 days prior to the test.

Medications

There are some medications which, in most cases, you should not take prior to the colonoscopy. Please check the list below to see if any apply to you. Notify Dr V. Huang you are on these medications prior to the endoscopy so she can advice what to do with them.

- | | |
|---|---|
| <input type="checkbox"/> Aspirin | <input type="checkbox"/> CONTINUE Aspirin |
| | <input type="checkbox"/> STOP Aspirin 3 days before |
| <input type="checkbox"/> Coumadin (Warfarin) | <input type="checkbox"/> CONTINUE Coumadin (typically it is stopped) |
| | <input type="checkbox"/> STOP Coumadin 5 days before |
| <input type="checkbox"/> Other blood thinners | <input type="checkbox"/> CONTINUE the blood thinner (typically it is stopped) |
| | <input type="checkbox"/> STOP the blood thinner 3 days before |
| <input type="checkbox"/> Iron or Multivitamins with iron | <input type="checkbox"/> STOP the iron supplements 5 days before |
| <input type="checkbox"/> Insulin or pills for diabetes - speak with your family physician (or the physician who prescribed them) about using insulin or pills for your diabetes on the day of procedure. | |

PLEASE BUY the following. They are available at the drug store without prescription.

1. **PICOSALAX** – 1 box containing 2 sachets
2. **Dulcolax (Bisacodyl)** – 2 tablets of 5 mg tablets

PROPER PREPARATION IS EXTREMELY IMPORTANT FOR THIS TEST. Your appointment will be cancelled if the instructions are not followed and proper bowel preparation is inadequate.

2 DAYS BEFORE the COLONOSCOPY

- 8:00 p.m.** Take TWO of the Dulcolax 5mg tablets

THE DAY BEFORE – taking the preparation

NO SOLID FOOD IS ALLOWED THE DAY BEFORE but you should drink lots of clear liquids. Clear fluids include clear soup broth, Jell-O, tea or coffee (black only), soft drinks, clear fruit juice, Powerade, Gatorade. NOTHING to eat or drink after midnight.

- 2:00 p.m.** Take one sachet of PICO-SALAX (then 1.5 to 2L of clear fluids taken over 2 hours).
- 6:00 p.m.** Take the second sachet of PICO-SALAX (then 1.5 to 2L of clear fluids over 2 hours).

THE DAY OF THE PROCEDURE

- On the day of the examination, have nothing to eat or drink until the procedure is done.
- You may take your regular medications with just a sip of water.
- Do not bring valuables, jewellery, or large sums of money.
- If you are having sedation for the procedure, please ensure you have a responsible adult to pick you up, otherwise the procedure may be cancelled or done without sedation.**

• Check List for What to Bring

- Health Card
- Photo Identification
- Bring all your medications (including insulin) with you or a Medication List.
- Bring a garment bag with you for your clothing.

AFTER THE COLONOSCOPY PROCEDURE

During the procedure, you will be given a mild sedative by the intravenous route. The total recovery time required in the hospital following the procedure is approximately 1 to 2 hours. Aside from drowsiness, you should feel normal when you leave the hospital. However, you should not drive or operate any heavy machinery until the following day. You should be able to resume eating light meals later in the day and return to normal activities the next day. Should you develop abdominal pain or unusual bleeding from the rectum, please **call Dr. Huang's office at 416-586-4800 ext 2475**. If the symptoms are severe and you cannot get through to the doctor's office, please go to the closest emergency department.

Please call the office for the results of any biopsies taken during the procedure. These will be available approximately 2 weeks after the procedure.