

Please read **ALL** the documents enclosed within the Colonoscopy Package carefully. Failure to follow the instructions may result in the cancellation of your procedure. This package contains 5 pages.

If you have any questions or require further information, please contact the clinic and one of our staff members will be happy to assist you.

Phone: 647-812-2113

Email: [reception@tidhi.ca](mailto:reception@tidhi.ca)

**CANCELLATION POLICY**

**You will be called by our office two weeks prior to your scheduled procedure to remind you of your appointment date and time. If our office is not able to speak with you directly, you must call the clinic at 647-812-2113 no later than 5 business days prior to your scheduled procedure. Failure to confirm your appointment in a timely manner may result in your procedure time being given away to another patient.**

**CANCELLATIONS WITH LESS THAN 5 BUSINESS DAY'S NOTICE WILL RESULT IN A  
\$200 FEE NOT COVERED BY OHIP**

**PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY**

**MEDICATIONS TO DISCONTINUE:**

- **Iron medications** – stop at least **10** days prior to the procedure
- **Aspirin** – stop at least **7** days prior to your procedure, after consulting with your physician
- **Coumadin (Warfarin) or Xarelto (Rivaroxaban)** – you may need to temporarily discontinue these medications. Please discuss this with your prescribing physician well in advance of the procedure
- **Insulin or pills for Diabetes** – please discuss with your family physician prior to the test
- If you have an abnormal heart valve, prosthetics heart valve or other conditions where you have been told to take antibiotics prior to dental procedures, please advise us immediately.

**1. TWO WEEKS PRIOR to your procedure:**

- Call the clinic at 647-812-2113 to confirm your procedure
- Complete the Pre-Anesthesia Questionnaire and submit to the clinic via email ([reception@tidhi.ca](mailto:reception@tidhi.ca)) or fax (**647-812-2114**)
- Purchase the following bowel prep materials over-the-counter at your local pharmacy:
  - Dulcolax tablets 5mg (you will need 2 tablets)
  - Peglyte, Colyte, or Golytely (any of these are acceptable)

**2. ONE WEEK PRIOR to your procedure:**

- STOP eating whole grains, nuts, seeds, dried fruit, or raw fruits/vegetables

**3. ONE DAY PRIOR to your examination:**

- **Clear fluids ONLY – NO solid food or dairy**  
Examples: soup broth, Gatorade, tea/coffee with sugar, apple juice, gingerale, Jell-O (avoid red/purple)
- At **9:00 AM**, take two **Dulcolax 5mg tablets (10mg total)**
- At **2:00 PM**, start drinking 2L of your **Peglyte, Colyte, or Golytely** solution
  - It is important to drink 2L over a period of 2-3 hours
  - Keep the preparation chilled – it will be easier to drink
  - Plan to be home the evening before your examination – soon after you have started to drink the preparation you will develop diarrhea and may have some cramping

**4. MORNING OF EXAMINATION:**

- **5-6 hours** prior to your examination, begin drinking the remaining 2L of **Peglyte, Colyte, or Golytely**
- e.g. If procedure is scheduled to start at 10 AM, begin consuming remaining prep at 4-5 AM until done
- Nothing to eat the day of the procedure including breakfast
- Do not drink anything 4 hours prior to your procedure

OR

**(Backup) Colonoscopy Instructions**

We recommend that you use PegLyte, Golytely or Colyte. But if you vomit with these agents, then use **PICO-SALAX**.

1. **ONE DAY PRIOR to your examination:**

- **Clear fluids ONLY – NO solid food or dairy**  
Examples: soup broth, Gatorade, tea/coffee with sugar, apple juice, gingerale, Jell-O (avoid red/purple)
- At **9:00 AM**, take two **Dulcolax tablets 5mg**
- At **2:00 PM**, take your first sachet. Empty the contents of one sachet into a cup. Add 150 mL of cold water and stir frequently for 2-3 minutes. Sometimes the reaction of mixing PICO-SALAX and cold water will cause the solution to become hot. If it becomes hot, wait until it cools sufficiently to drink.
- Between **6:00 to 8:00 PM**, take your second sachet
- Drink plenty of clear fluids every hour until bowel movements have ceased.  
Thereafter, you should continue to drink only clear fluids, sufficient to satisfy thirst.

***Nothing to eat or drink after midnight***

**IMPORTANT INFORMATION**

- If you have sleep apnea plan to bring your CPAP machine to the procedure
- Continue any blood pressure medication as usual
- If you missed any of the steps on the previous page, **PLEASE STILL COME IN FOR THE PROCEDURE**
- **DO NOT BRING ANY VALUABLES JEWELLERY OR WEAR MAKE UP**
- You will be sedated during the procedure. Therefore, **YOU MUST BE ACCOMPANIED BY SOMEONE WHEN YOU LEAVE.** If you do not have someone to accompany you, your procedure will be cancelled.
- Please bring a bag for your belongings (big enough to fit your clothes)

**WHEN YOU ARRIVE**

- The Toronto Immune and Digestive Health Institute is located in the Lawrence-Allen Centre at (700 Lawrence Avenue West). There is 3 hour parking and adjacent TTC/Subway access (Lawrence West Station).
- Please enter through the East Tower entrance, which is accessible from the parking lot on the south side of the mall facing Lawrence Avenue. The East Tower entrance can be found between Booster Juice and the Foot Institute.
- Once inside, take the elevators up to the 3<sup>rd</sup> floor – Suite 360.

## **BEFORE YOUR PROCEDURE**

### **What is a Colonoscopy?**

A colonoscopy is an examination of the large intestine and part of the small intestine with a camera on the end of a tube. Instruments may be passed through the colonoscope to take tiny, painless biopsies (samples of tissue) for microscopic examination in the laboratory. Photographs and video may also be taken during the procedure. Colonoscopy is used to in inflammatory bowel disease (IBD/Crohn's disease, ulcerative colitis) to assess the extent and severity of the inflammation and/or to evaluate treatment response. It is also used to detect and diagnose colon cancer, polyps, causes of bleeding and diarrhea. There is very little risk associated with colonoscopy and polyp removal/biopsies when they are performed by specially trained physicians and health care teams.

### **What is a Polypectomy?**

During the course of your colonoscopy, a polyp may be found. Polyps are abnormal growths of tissue which vary in size from a few millimeters to several centimeters. Depending on the size, shape and location of the polyp, it may be removed (polypectomy). You should feel no pain during polyp removal. Polyps are usually removed because they can be a source of rectal bleeding or may contain cancer. Although the majority of polyps are benign (not cancerous), some may eventually become cancerous if left untouched.

### **What to Expect**

- You will be admitted to the endoscopy suite
- A blood test may be taken
- You will change into a patient gown
- You will empty your bladder
- Your vital signs will be taken
- You will be given an intravenous injection to make you sleepy and relaxed
- The examination will be done with you lying on your left side
- The colonoscope will be introduced via your rectum or stoma so your bowel can be examined
- You may feel some cramping and pressure

## **AFTER YOUR PROCEDURE**

### **After the Colonoscopy**

You will be taken to the Endoscopy recover area where you will remain until most of the effects of the medication have worn off. When your nurse and anesthetist has decided that you are sufficiently recovered, your escort will be called to pick you up. You will be discharged to your escort. You will not be allowed to drive for 24 hours.

### **Complications**

Complications are extremely rare but can occur. One complication is perforation or tear through the wall of the bowel that may allow leakage of intestinal fluids. This complication may require surgery or management with antibiotics and intravenous fluids. Bleeding may occur from a biopsy or polyp removal. This is usually minimal but, rarely, blood transfusions or surgery may be required. Irritation of a vein can occur at an intravenous site. A tender lump or bruise may develop and last from several days to months. It eventually goes away with no ill effects. Other risks include drug reactions and complications from unrelated medical conditions. Your physician and his staff are alert to the possibilities and are fully equipped to handle any complications which may arise.

### **Results**

The results will be explained at the conclusion of your procedure. Because of the sedation, you may not remember what you have been told. If you require further explanation, you should call the physician who performed the procedure or make an office appointment for a complete explanation. If biopsies have been taken, results can take 10 -14 days to be available. Please call the office to follow up.