



COLONOSCOPY / FLEXIBLE SIGMOIDOSCOPY INSTRUCTIONS

The Surgical Booking Clerk will contact you with a date and time for your procedure as well as a time for a telephone conversation with a Surgical Services Registered Nurse. Call a few days prior to reconfirm your arrival time on the day of surgery at 274-4846.

A clean bowel is essential for a colonoscopy. This means that a bowel movement will be clear liquid only with tiny particles of stool. A clean bowel is achieved by following laxative instructions outlined in this guide or as discussed by your surgeon. If a clean bowel is not achieved, you may require cleansing enemas the day of your procedure or your procedure may be cancelled.

COLONOSCOPY BOWEL PREPARATION: PICO-SALAX

1. Obtain 1 package (containing 2 packets, doses etc) of Pico-Salax from your pharmacy, this is available over the counter. No prescription is needed.
2. Begin your bowel preparation the day before your colonoscopy. That whole day you will take clear fluids only. Clear fluids are defined as anything that you can see through, for example: water, clear tea, ginger ale, pop, Gatorade, apple juice, jello and broth. Avoid anything that you can't see through, avoid milk products, and avoid any bright colored liquids, especially green and red. It is important to drink at least 1-2 cups of clear fluid **every hour** during the prep.
3. At 10 AM on the day before your colonoscopy, mix 1 packet of Pico-Salax with 150 ml of cold water and stir for 2-3 min. Drink all of it. Continue with clear fluids. Take at least 2 - 3 litres (8-12 cups) of clear fluid over the course of the next 2-3 hours.
4. Take another Pico-Salax packet at 4 PM in the same way as the first packet and continue taking clear fluids, 2-3 litres (8-12 cups) over 2-3 hours.
5. Continue to drink lots of fluids but **stop drinking 2 hours prior to procedure.**

It is important to take all of the Pico-Salax and lots of clear fluids during the day before your colonoscopy. Your procedure may be cancelled if you are not fully prepared.

*** If you are scheduled to have both a gastroscopy and a colonoscopy, you must stop drinking at least 6 hours before your procedure. ie. fasting**

(Over)

GENERAL INSTRUCTIONS

- Consult your family doctor about taking any medication the day of your colonoscopy.
- Such medications as **Insulin, Aspirin (ASA), Coumadin, Warfarin (blood thinners), Ticlid & Plavix, should be discussed with a doctor at least 1 week prior to your surgery.**
- Wear comfortable, loose clothing the day of surgery. Leave all jewellery and valuables at home.
- Bring your medications to the hospital.
- Bring all health care information with you (health card, any insurance numbers, WSIB numbers).
- Plan to stay at the hospital 1-2 hours following the procedure.
- You will receive sedation. It is not safe for you to drive a motorized vehicle, have a responsible adult accompany you and drive you home. If someone is picking you up, they must be available to do so at the time you are ready to be discharged (approximately 2-3 hrs after your scheduled arrival time)
- **Due to the medications you will receive it is required that you remain in the care of a responsible adult for 24 hours.**

Vomiting – If you are unable to keep the laxative down, please arrive for your appointment 1 hour early and report to the Day Surgery Nurse so you can be assessed, and allow time for possible cleansing enemas.

If you are unable to keep your scheduled procedure date, or if you have any questions or concerns please notify the hospital surgical booking clerk ASAP Mon-Fri from 8:30 am to 4:30 pm. at 807-274-4846. If after hours or weekends, notify the Nursing Supervisor at 807-274-3261 ext 4514