

## PREPARING FOR YOUR COLONOSCOPY

Follow these instructions to clean the stool (poop) out of your colon. If the doctor cannot see the inside of your colon on the day of your colonoscopy, you may have to **repeat the procedure**.

Interpreter services are available.

### **48 hours before your colonoscopy:**

- Do not eat flax/poppy/sesame seeds or fish oils (omega 3, 6, & 9)
- Do not eat cabbage, corn, nuts, or fruits with peels (especially no grapes)

### **A few days before your colonoscopy go to any pharmacy and buy:**

- Two (2) – four (4) 5mg Dulcolax (Bisacodyl) tablets. Please see top of page 2 to see how many you may need.
- Pico – Salax: 1 box with 2 packages of powder

You do not need a prescription for these medications, but they are sometimes kept behind the counter. **Ask the pharmacist for them.**

**Diabetic Patient:** Please **DO NOT** take diabetic pills on the day of your bowel preparation or the morning of your procedure. If you are on insulin, check with you family doctor as you may need to reduce your dose on the day of the preparation. **DO NOT** take your insulin the morning of your colonoscopy, but bring it with you.

### **Important Consideration:**

Some medications will increase your risk of bleeding with surgery and so you should:

- **Stop** Ibuprofen, Advil, arthritis medications, Vitamin E as well as herbal medications **5 days before your scope**
- **Warfarin** or other blood thinner medications – discuss with the pre-op nurse, they will all you the week before your scope, how to manage these medications.
- **ASA (Aspirin)** – Discuss this with the pre-op nurse whether or not you need to stop this **5 days before the scope**

If you have had a previous **cardiac stent** you should **NOT** stop you ASA

<u>Acceptable Fluids for Prep Day:</u>	<u>Unacceptable Food and Fluids for Prep Day:</u>
➤ Clear soup broth or bouillon	➤ <b>NO</b> bread, grain or rice
➤ Apple juice, white grape juice, white cranberry juice, 7UP, ginger ale	➤ <b>NO</b> soups with chunks of food
➤ Clear or lemon Gatorade/PowerAde	➤ <b>NO</b> meat
➤ Water	➤ <b>NO</b> fruit or vegetables
➤ Coffee or Tea (sugar and sweetener are okay)	➤ <b>NO</b> milk or dairy products
➤ Lemon or Orange Jell-O	➤ <b>NO</b> red, blue or purple liquid
	➤ <b>NO</b> alcoholic drinks

**Two (2)** days prior to your procedure \_\_\_\_\_, take the two (2) Dulcolax (Bisacodyl) tablets at 5:00 pm. If you are generally a person whom is constipated or have been told you have diverticular disease, please take (2) Dulcolax tablets at 5:00pm three (3) days prior to your procedure as well.

**REGULAR BOWEL PREPERATION**  
do if arriving **before 10 am**

1. The day prior to your colonoscopy:  
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- Do not eat any solid foods.
- Drink only clear fluids. These are liquids that you can see through.
- Take your bowel preparation as described in our instructions (not the instructions that come with Pico – Salax).
- Try to drink one (1) glass of clear fluid each hour you are awake.

1. At **5:00 pm** mix 1 package of Pico Salax with 2/3 cup of cold water, stir for 2-3 minutes and then drink.

You must drink 3 litres (12 cups) of clear fluids over the next 2-3 hours.

2. At **10:00 pm**, mix the 2<sup>nd</sup> package of Pico Salax with 2/3 cup of cold water, stir for 2-3 minutes and then drink.
3. You much drink 3 litres (12 cups) of clear fluids in the next 2-3 hours.
4. The day of your colonoscopy:  
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- Do not eat any solid foods.
- Drink only water.
- 3 hours prior to your arrival time at the hospital, stop drinking fluid

**SPLIT BOWEL PREPERATION**  
do if arriving **after 10 am**

1. The day prior to your colonoscopy:  
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- Do not eat any solid foods.
- Drink only clear fluids. These are liquids that you can see through.
- Take your bowel preparation as described in our instructions (not the instructions that come with Pico – Salax).
- Try to drink one (1) glass of clear fluid each hour you are awake.

1. At **10:00 pm** mix 1 package of Pico Salax with 2/3 cup of cold water, stir for 2-3 minutes and then drink.

You must drink 3 litres (12 cups) of clear fluids in the next 2-3 hours.

2. The day of your colonoscopy:  
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- Do not eat any solid foods.
- Drink only clear fluids.

3. At **5:30 am**, mix the 2<sup>nd</sup> package of Pico Salax with 2/3 cup of cold water, stir for 2-3 minutes and then drink. You much drink 3 litres (12 cups) of clear fluids in the next 2-3 hours.

- 3 hours prior to your arrival time at the hospital, stop drinking fluid