



COLONOSCOPY INSTRUCTIONS FOR PATIENTS

If you are **Diabetic** please call the clinic for **Diabetic instructions**

Vaughan Endoscopy Clinic Location and Details:

The clinic is located at the *northwest corner of Hwy 7 and Pine Valley Drive* (north of Hwy 407, between Hwy 400 and Hwy 427). Our medical building is at the west end of the parking lot. **Please arrive 20 minutes before your procedure.** Ensure that you have arrangements to be driven home, as you cannot drive 12 hours after your procedure. There is an elective **\$50 block fee** payable the day of your procedure. You can view a list of uninsured services on our website or obtain a copy from the clinic.

Medication: Bring a list of your current medications or the actual pill bottles to your appointment. **You should take ALL your usual morning medications with a sip of water** (except diabetic pills, Aspirin, Plavix, Coumadin and iron). **Stop Aspirin 5 days before your test.**

Missed Appointment: A missed appointment fee of \$150 will be charged if 72 hours notice is not given.

2 Days before your Colonoscopy: **Do not eat any foods that are high in fiber and stop all fiber supplements.** For example: No brown bread or brown rice. No bran, flaxseed, lentils, beans, or raw vegetables. No corn, nuts, seeds or fruits with seeds. No Metamucil, or iron pills.

Bowel Preparation: Purchase Dulcolax and Pico-Salax from your pharmacy (no prescription needed) and follow these instructions:

MORNING APPOINTMENT (8am-12pm)

Day before Colonoscopy:

-**No solid food** the whole day (until after the test)
-**Clear fluids only.** For example: Consommé/broth, yellow or green Jell-O, water, apple juice, white grape juice, black tea/coffee (without milk), gingerale, soda water, sports drinks like Gatorade (any colour except red, purple or orange). **Sports drinks are strongly recommended** because they contain electrolytes which will prevent dehydration and light headedness.

-**Dulcolax:** Take 2 tablets before 9am

-**Pico-Salax:** (total of 2 packets) Take according to your appointment time, see below.

If your appointment is before 9am:

Take 1st packet at 5pm with a cup of water. Then in the next 1-2 hours continue to drink 2-3 litres of a clear fluid.

Take 2nd packet at 9pm with a cup of water. Then in the next 1-2 hours continue to drink 2 litres of a clear fluid.

If your appointment is from 9am-12pm:

Take 1st packet at 7pm with a cup of water. Then in the next 1-2 hours continue to drink 2-3 litres of a clear fluid.

Take 2nd packet at 6am the next morning with a cup of water. Then within the next 1 hour drink 2 litres of a clear fluid, such as lemon Gatorade.

Stop drinking **any fluids 2 hours** before your test

AFTERNOON APPOINTMENT (12pm-4pm)

Day before Colonoscopy:

-**Before 10am:**

You may have a light, low fiber breakfast.

-**After 10am:**

No solid food until after the test. Have **clear fluids only.** For example: Consommé/broth, yellow or green Jell-O, water, apple juice, white grape juice, black tea/coffee (without milk), gingerale, soda water, sports drinks like Gatorade (any colour except red, purple or orange). **Sports drinks are strongly recommended** because they contain electrolytes which will prevent dehydration and light headedness.

-**Dulcolax:** Take 2 tablets before 9am

-**Pico-Salax:** (total of 2 packets)

Take 1st packet at 7pm with a cup of water. Then in the next 1-2 hours continue to drink 2-3 litres of a clear fluid.

Day of Procedure:

Take 2nd packet at 7am with a cup of water. Then in the next 1-2 hours continue to drink 2 litres of a clear fluid, such as lemon Gatorade.

Stop drinking any fluids 2 hours before your test

Once you are done your preparation, in total you should have taken 4-6 litres more than your usual fluid intake. It is very important that you drink this amount of clear fluid otherwise your colon may not be clean enough, and the doctor may ask you to repeat the colonoscopy. **See our website for more information at www.vaughanendoscopy.com**



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COLONOSCOPY INFORMED CONSENT

How is colonoscopy done?

Colonoscopy is a test using a video camera on a long flexible tube designed to pass through your large intestine (colon) looking for abnormalities. The image is projected on a video monitor and the doctor steers the scope around your bowel. Sedation is provided to minimize any discomfort you may have. If necessary, the doctor will take biopsy specimens (tiny bits of tissue) or remove polyps (abnormal growths that can become a cancer).

How long will it take?

The procedure requires that your bowel be cleaned out the day before the test. Your colon must be completely clean so that a thorough examination can be done. Follow the bowel preparation instructions carefully or the procedure may have to be cancelled and rescheduled. The test usually takes approximately 20-40 minutes, however please allow for 2 hours at the VEC for registration and recovery after the procedure.

What can I expect during the colonoscopy?

An intravenous will be started. While you are lying on your side, the tube is inserted into the rectum and gradually advanced through the colon. The doctor will examine the lining of the bowel and perform any necessary biopsies or polyp removal. From time to time air may be used to inflate the bowel.

What are possible complications?

While all the doctors at the VEC are very experienced and use the utmost caution, there are well documented small risks associated with the procedure. However the risk of not getting screened is significant (1 in 20 lifetime risk for colon cancer).

- **Bowel Preparation:** There is a risk of dehydration with the bowel preparation. Drinking lots of fluids with electrolytes (like sports drinks) helps to increase the quality of the bowel preparation and also decreases the risks of dehydration and the associated risks. Ensure you drink 4 to 6 litres of clear fluids.
- **Drug reaction:** It is possible, although extremely unlikely, that you will develop a reaction to one of the medications. The reaction is usually mild and in the form of rashes, hives, or itching at the site of the IV catheter.
- **Perforation:** Puncture of the wall of the colon is very rare (1:1000 chance). If it occurs surgery might be necessary to repair the perforation and you will be hospitalized.
- **Bleeding:** There is a small risk of significant bleeding (1:100 chance) if a polyp is removed. Bleeding can occur up to 10 days later. This usually settles without further treatment and rarely blood transfusions or surgery may be required. Contact your physician or go to the emergency department if you have rectal bleeding of more than one half cup.
- **Missed abnormalities:** Some polyps or abnormalities might be missed. The risks are significantly higher if your bowel is not cleaned properly.

What can I expect after the colonoscopy?

Your pulse, respiration and blood pressure will be monitored. You may feel bloated or have some cramping. Due to the sedation given, your judgment and reflexes may be impaired for the rest of the day. You cannot drive or operate machinery for 12 hours post sedation. You must be accompanied home by a responsible adult; otherwise your appointment may be cancelled and rescheduled. You may resume your regular diet after leaving the VEC.

What am I consenting to?

You acknowledge that you have 1) read this information prior to taking the bowel preparation, 2) that the procedure and risks have been adequately explained to you, 3) that you authorize the VEC endoscopist to perform the procedure with the assistance of any other healthcare staff, 4) you have agreed to pay for any uninsured services selected (those not covered by OHIP) either on an individual fee basis or by a block fee, 5) a missed appointment fee of \$150 will be charged if sufficient cancellation notice is not given (> 72 hours).

You will have an opportunity before the procedure to discuss your concerns with a physician or nurse at your request.