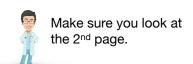
## **COLONOSCOPY INSTRUCTION SHEET**

Procedure Date <sub>-</sub>		Arriva	al Time at	Hospital:
Physician:	3030 Lawrei Scarboroud 416-431-124	UL MANDEL  NCE AVE. E., SUITE GH, ON, M1P 2T7 12 FAX 416-431-0  FION OF	209	DURE
SCARBOROUGH I GENERAL CA 3050 Lawrence Av (at McCowan 3 <sup>rd</sup> Floor, East 416-431-82	MPUS enue East Road) Wing			DYNAMIC MEDICAL CENTRE 5734 YONGE STREET 3RD FLOOR NORTH YORK 416-222-5501
Prescription		Date:		
Patient Name  Bisacodyl (3	3 x 5mg pills		1 PO	ndelbaum MD, MSc, FRCS(C)
INSTRUCTION: Day Prior to Pr	ocedure:	onsume <u>ONI</u>	<u>Y</u> clear fluids	( NO solid food )

Clear fluids include: Gatorade, clear broth, black coffee or tea ( NO CREAM OR MILK), Jello, CLEAR sodas like 7-Up or Ginger ale, Juice like cranberry, grape or apple, popsicles.

NO GRAINS, MEATS, DAIRY, FRUIT, VEGETABLES OR EGGS

Still have questions?
Go the FAQs Page at www.DrSaul.ca



## Please follow the instructions below to ensure your colon is clean.

"A CLEAN COLON ENSURES A GOOD TEST THAT DOES NOT NEED TO BE REPEATED!"

## **Preparation Instructions:**

COLONOSCOPY START TIME:

GROUP 1	GROUP 2		
Start Time BEFORE 10AM	Start Time  AFTER 10AM		
On day prior to scope take 3 BISACODYL at 5 PM	On day prior to scope take 3 BISACODYL at 5 PM		
	At 7 PM that evening start drinking the Peglyte.		
At 7 PM that evening start			
drinking the Peglyte.	Drink one 8oz glass every 15 min until <b>HALF</b> of the Peglyte is done		
Drink one 8oz glass every 15			
minutes until done	At 5AM start drinking the remaining Peglyte. Drink one 8oz glass every 15 min until all done. You must be finished 3 hours prior to your colonoscopy		

• Do **NOT Eat or Drink ANYTHING** 3 hours before your procedure.



Peglyte is best consumed cold. Put it on ice a few hours prior to drinking



It usually takes about an hour to begin to notice the diarrhea affect and there may be some bloating or cramping as it begins. Occasionally, some may develop nausea with vomiting. If so take a break for an hour, and then to resume drinking at a slower rate.

You must have someone accompany you home from the hospital.

If you do not have someone available to accompany you home and stay
with you the night, your procedure could be canceled.





**IMPORTANT:** 

For more info and videos about colonoscopies, visit DrSaul.ca online