



Rose City Endoscopy

For Health and Peace of Mind

Operated by Dr. V. Khokhotva Medicine Professional Corporation

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Patient Instruction Sheet for Colonoscopy (**Purg-Odan Prep**)

PLEASE READ AND FOLLOW THESE INSTRUCTIONS CAREFULLY

Colonoscopy Date: _____ Time: _____

IF YOU NEED TO RESCHEDULE YOUR COLONOSCOPY: PLEASE NOTIFY OUR OFFICE AT (519) 254-4154 AT LEAST 5 BUSINESS DAYS BEFORE YOUR PROCEDURE DATE.

Endoscopy resources are extremely limited and wait lists are long. Please be responsible.

ON THE DAY OF THE PROCEDURE:

- If your procedure is scheduled **at Rose City Endoscopy**: ARRIVE AT ROSE CITY ENDOSCOPY 30 MINUTES BEFORE YOUR PROCEDURE TIME AND REGISTER AT THE RECEPTION DESK.

- If your procedure is scheduled **at Windsor Regional Hospital**: ARRIVE AT WINDSOR REGIONAL HOSPITAL MET CAMPUS 1 HOUR PRIOR TO YOUR PROCEDURE. REGISTER YOURSELF FIRST AT THE ADMITTING DEPARTMENT.

Discharge/Pick-up time is approximately 2 hours after procedure time. Please make arrangements to have an adult pick you up. **If there is no acceptable adult who can pick you up, you will not be given sedation on that day.**

MEDICATIONS

Please make sure that you take all of your scheduled morning medications on the day of the procedure except for:

- Plavix (or Clopidogrel) – Stop 7 days prior to procedure.
- Brilinta (or Ticagrelor) – Stop 7 days prior to procedure.
- Coumadin (or Warfarin) – Stop 5 days prior to procedure.
- Pradaxa (or Dabigatran) - Stop 3 days prior to procedure.
- Xarelto (or Rivaroxaban) - Stop 2 days prior to procedure.
- Eliquis (or Apixaban) - Stop 2 days prior to procedure.
- Diabetic medications – Hold on the day of procedure. Check your blood sugar regularly.

BOWEL PREPARATION INSTRUCTIONS

Follow these instructions exactly or your procedure may be cancelled or need to be repeated. Purchase 3 packets of PURG-ODAN (over-the-counter). Please disregard the instructions inside the package. PURG-ODAN comes packaged in boxes of 1 and 2 packets/sachets. You will need to purchase one of each so that you have 3 packets in total.

One Day Before the Colonoscopy

You may have a light breakfast no later than 09:00 am. AFTER 09:00 am, YOU MAY NOT HAVE ANY SOLID FOOD. DRINK ONLY CLEAR FLUIDS. The cleansing effect will be improved by the

amount of clear fluids that you will drink. Drink at least 20 glasses throughout the day. Clear liquids include water, clear juices, black tea, black coffee, broth (beef or chicken), jello, popsicles, soft drinks, clear Gatorade. Do not take liquids that you cannot see through. NO MILK, NO ORANGE JUICE, NO RED LIQUIDS.

At 3 pm, drink the 1st packet of PURG-ODAN mixed in at least 150 ml of cold water. Expect cramping and diarrhea; so stay close to the bathroom. **It does not always work right away. If nothing happens, don't worry. Continue with the preparation.** If you have problems tolerating this preparation, please call our office (during business hours).

At 7 pm, drink the 2nd packet of PURG-ODAN mixed in at least 150 ml of cold water. **It does not always work by this time. If nothing happens, don't worry. Continue with the preparation.**

IF YOUR COLONOSCOPY IS IN THE MORNING: at 11 pm drink the 3rd packet of PURG-ODAN mixed in at least 150 ml of cold water.

The Day of the Colonoscopy

IF YOUR COLONOSCOPY IS IN THE AFTERNOON: at 6 am on the day of colonoscopy drink the third packet of PURG-ODAN mixed in at least 150 ml of cold water.

Continue to take clear fluids until 2 hours before your procedure. **STARTING 2 HOURS BEFORE THE COLONOSCOPY, HAVE NOTHING BY MOUTH UNTIL THE PROCEDURE.**

AFTER YOUR PROCEDURE

You will not be allowed to drive home after the procedure and you may not take a taxi home alone.

You will be unable to operate any motor vehicle or any equipment for 24 hours following your procedure. Likewise, do not engage in activities requiring alertness (such as cycling, using power tools, etc.) or make important decisions for 24 hours after having sedation.

Start taking your regular medications unless instructed otherwise by your physician.

POSSIBLE COMPLICATIONS

- The instrument may puncture a hole through the bowel wall, which may need to be repaired by surgery. The risk of perforation is approximately 1 in 1000.
- Bleeding may occur from the site of biopsy or polyp removal. The risk is approximately 1 in 500. This usually stops by itself, but may require additional intervention or therapy.
- The stress of the procedure and medications used for sedation may rarely produce irregular heart rhythms or other types of heart or breathing complications requiring treatment. You will be monitored carefully during and after the procedure.
- If you have severe abdominal pain, fever, or significant rectal bleeding after your procedure, you must urgently return to the closest Emergency Department.