

Dr. Aman Arya

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INSTRUCTIONS FOR COLONOSCOPY

Location: Mackenzie Richmond Hill Hospital (2nd floor). Please report to Day Surgery Registration Rm 2246

Please arrive: 1 hour before an appointment

IMPORTANT PATIENT INFORMATION

Please leave all valuables at home including wallets, purses and jewelry (including religious/cultural items and body jewelry). Wearing jewelry may delay your transfer to the endoscopy suite as the procedure cannot start until all jewelry is removed. Perfumes and colognes are not allowed. Please arrange for someone to take you home. You cannot leave until someone arrives.

Procedure Information

A colonoscopy is procedure that allows a specialist to carefully examine the entire large bowel (rectum and colon) using a long flexible tube (colonoscope) that is approx. the width of a finger. This procedure allows the doctor to look for areas of redness/irritation (inflammation) or abnormal growths (polyps). If needed, the abnormal areas can be removed or sampled with a small tool. You may feel some bloating or cramps as the tube moves around the various curves of the bowel. Before the procedure, you will receive an IV (small needle) to deliver medication that will minimize discomfort and relax the bowel. The examination will take from 15 to 45 minutes depending if polyps or abnormal areas exist. Please expect to be at the hospital for several hours as there is preparation before the procedure and recovery afterwards.

Adjusting your Medications

Aspirin – continue, do not stop

Plavix/Ticlid – inform physician (Dr. Aman Arya) if you use this medication

Coumadin/Warfarin – inform physician (Dr. Aman Arya) if you use this medication

Diabetic Pills - Do not take your morning dose of oral diabetic medications

Insulin - If you have diabetes and use insulin, you must adjust the dosage of insulin the day of the test. Your family doctor will help you with this adjustment.

You should take your remaining medications on the morning of the test with small sips of water.

INSTRUCTIONS FOR COLONOSCOPY

Preparation

Purchase the following products from any pharmacy:

1. 2 containers of Peglyte (6 sachets)
2. Four tablets of Dulcolax (5 mg each)

5 Days Before the Examination:

AVOID all food containing seeds and stop iron supplements

2 Days Before the Examination:

Clear fluids ONLY. AVOID all solid foods.

Take 2 tablets of Dulcolax before bedtime.

1 Day Before the Examination:

Clear fluids ONLY. We recommend you drink plenty (2-4 litres) of clear liquids to ensure that the bowels are properly cleansed. AVOID all solid foods.

Morning:

- Prepare the PEG/Electrolytes solution as follows:
- Dissolve the entire contents of two 70g sachets in to 2L (64 ounces) of water
- Mix rapidly 2-3 minutes until a clear solution forms
- Repeat above steps with the 3rd/ 4th sachets and 5th/6th satchets
- Refrigerate the solution to improve the taste

At 4PM:

- Rapidly drink a glassful (240mL) of the PEG/Electrolyte solution every 10 minutes (total of 8 glasses) until 2L of the bowel prep solution is finished

At 6 PM:

Take 2 tablets of Dulcolax

At 10PM:

Rapidly drink a glassful (240mL) of the PEG/Electrolyte solution every 10 minutes (total of 8 glasses) until 2L of the bowel prep solution is finished

Day of the Examination:

6 hours before your procedure:

Rapidly drink a glassful (240mL) of the PEG/Electrolyte solution every 10 minutes (total of 8 glasses) until 2L of the bowel prep solution is finished

STOP DRINKING FLUIDS 3 hours before your arrival time.

After the Examination

Due to the effects of the sedation:

- 1) You **MUST** make arrangements to be accompanied home after your examination, even if you are taking the taxi. **Please expect to be at the hospital for 3 – 4 hours from the time of arrival.**
- 2) You ARE NOT permitted to drive a vehicle at the same day after the examination.
- 3) Avoid making important decisions or signing legal documents for 24 hours afterwards.

You may experience mild cramping, bloating or gas for up to 24 hours. Your colon was inflated with air to help the doctor see your bowel better. These symptoms typically improve with the passing of gas. If polyps were removed you may notice mild rectal bleeding that should subside in a few days. If you have persistently worsening pain or heavy bleeding please head to the nearest emergency room.

Clear Fluids

- Strained fruit juices without pulp (e.g. apple, white grape, lemonade, white cranberry juice, etc.)
- Clear broth or bouillon
- Coffee or tea (black, with sugar NO MILK)
- Gatorade, Kool-Aid or fruit-flavoured drinks
- Carbonated soft drinks
- Plain Jell-O (can be colored but NOT red or purple or jellied salad)
- Ice-popsicles
- Water

Do not restrict your diet to only water.