



Halton Healthcare

Oakville-Trafalgar Memorial Hospital

Colonoscopy Preparation Sheet

Patient Instructions for Bowel Preparation for Colonoscopy Procedure

General Preparation:

Please note that each physician may vary the details of how you should take your medications or complete your bowel preparation. However, this serves as an adequate template should you not have access to your doctor at this time.

You will need to purchase PICO-SALAX and DULCOLAX

(Both of these are over the counter products, and don't require a prescription)

- Purchase one (1) box (2 packages in each box) of **PICO-SALAX** from the pharmacy.
- Purchase two (2) tablets of **DULCOLAX**.

Please continue on prescribed medications leading up to the examination except for the following:

- **Aspirin or aspirin-related products** should be stopped 5 days prior to the examination
- **Blood thinners** (coumadin, dicoumarol etc.) should be stopped 5 days prior to the examination under the guidance of your family physician, surgeon or gastroenterologist.

Diabetic medications – Please continue to take your medication and take one can of Ensure or Resource at each meal-time during your preparation for the colonoscopy, including the morning of your examination.

THREE (3) DAYS prior to the examination:

- Stop taking fiber supplements (Flax seed, Metamucil, etc.).

ONE (1) DAY prior to the examination:

- Your last solid meal is breakfast.
- Remain on a fluid diet (have a minimum of 2L of fluid) leading up to your procedure.
 - No Dairy products.
 - No Red Dyes.
 - You may have fluids which include: coffee and tea (without milk), clear soup, clear juices (e.g. water, apple juice, gingerale), Gatorade, ice and jello (not red jello).

- Take two (2) tablets of Dulcolax at 4:30 p.m. the day before the procedure.
- Take the 1st packet of Pico-Salax (Please ignore the meal instructions located in the Pico-Salax package) at about 5:00 p.m., the day before procedure.
 - mix it with 5oz. glass of cold water. If it heats up let it cool first before drinking. You must continue to stir while drinking the glass of water to ensure all the laxative has dissolved.
 - Drink one (1) glass of room temperature water each hour over the next three hours. Most people will have 3 to 6 watery bowel movements, usually without urgently rushing to the washroom.

Day of your examination:

- Take the 2nd packet of Pico-Salax 3 hours before your procedure time, repeat the same procedure.

The more clear fluids you drink the better you will feel and the cleaner your bowel will be. This ensures a better examination environment.

Please remember to remain on your clear fluid diet! The doctor will know if you have cheated!

Arrival at the hospital:

Please arrive for your procedure at least **half (1/2) an hour** prior to the procedure time. Do not forget your **Ontario Health Card**, and a list of your medications is helpful.

At the examination

You will be given the option of taking sedation and we recommend that you do so. Sedation relieves pain and relaxes the bowel since it is not used to things going the opposite direction.

Travel Arrangements

As you will be sedated during the procedure, you will not be allowed to drive. Please ensure you have made arrangements to have someone else drive you home. **YOU MAY NOT TAKE A TAXI HOME ALONE!**

Patient Parking

Your ride home is allowed to park for free as long as their stay is less than 20 minutes.

After the procedure

You may resume your usual diet and activity. It is not uncommon to feel gas cramps for a short while. Moving around will help expel the gas and you shouldn't worry about being offensive - consider it a symphony of nature's music! 🎵🎵🎵

Due to the effects of the sedation you are advised not to drive a car, operate machinery or make legal/financial decisions that require, until the following day.

You may notice a small amount of blood with your next bowel movement if samples were taken or polyps removed, this is not worrisome. If you have a larger amount of blood you should contact they physician who performed you procedure or go to the emergency room.