

Perth and Smiths Falls District Hospital Gastroenterology Clinic

Dr. Mitchell Edwards, MD, FRCPC, Gastroenterologist

613 212 7665

You have been arranged to undergo a colonoscopy and/or gastroscopy.

Please find enclosed papers with your scheduled date and instructions.

Please read this document and call our office at 613 212 7665 to confirm your appointment date and receipt of the enclosed paperwork.

Should the date not be suitable, we would be happy to arrange another date.

The organization required for this examination involves equipment and staff resources in the hospital, and **there is A FEE OF \$300.00 for not coming.**

A MINIMUM OF TWO WEEKS IS NEEDED TO CHANGE OR CANCEL YOUR APPOINTMENT OR A CHARGE WILL APPLY.

At the time of your call, please advise if you are:

1) Diabetic – oral medication/insulin

2) On a GLP1 drug (weight loss drug) such as:

- Semaglutide (Ozempic/Wegovy/Rybelsus)

- Liraglutide (Victoza/Saxenda)

- Tirzepatide (Mounjaro/Zepbound)

- Dulaglutide (Trulicity)

- Lixisenatide (Adlyxine/Soliqua)

Weekly injections of these drugs must stop 3 weeks before your endoscopy.

Daily injections or oral medications must stop 3 days before your endoscopy.

3) Allergic to latex

4) Taking blood thinners

5) Have malignant hyperthermia or a family history of malignant hyperthermia.

6) Have been diagnosed with sleep apnea and if you use a CPAP machine for this

*You will be called approximately one week prior to your procedure to be given a time to arrive at the hospital on the morning of the procedure.

You have been arranged to undergo a colonoscopy and/or gastroscopy. The information received from your primary care provider has been reviewed and prioritized. The procedure and the risks associated with the procedure will be explained to you the morning of your procedure and a consent form will be signed at this time. If you are unsure why this referral was sent, please contact your primary care provider for clarification. If you DO NOT want this procedure, you must call our office and cancel with at least two weeks notice or a NO SHOW CHARGE OF \$300 will be billed to you.

Colonoscopy is a procedure that is done in the operating room with a length of flexible tubing with a lighted camera on the end. This allows for direct visual inspection of the rectum and large intestine. For best visualization of the intestine, we need your bowel to be cleaned out completely.

This is not a surgical procedure, but you will be given medication that will make you drowsy. YOU MUST HAVE A RESPONSIBLE ADULT TO DRIVE/ ACCOMPANY YOU HOME (does not include taxi driver). You should have a responsible adult stay with you for the evening of the procedure. For 24 hours after the procedure, you should not operate heavy machinery (including driving), take care of children alone, or sign legal documents. Take this into consideration if you need to book time off work.

You will be at the hospital for approximately 2-4 hours for this procedure.

If you have **sleep apnea**, please bring your CPAP machine the day of the procedure.

If you have **heart stents** (less than a year ago) or **mechanical heart valves**, please call our office.

Diabetics: please bring your insulin/tablets with you to the hospital. We suggest you contact your primary healthcare provider for guidance with diabetic medications before the procedure.

GLP1 (weight loss) drugs must be stopped prior to procedure (see page 1).

Blood thinning drugs (Xarelto/Rivaroxaban/Pradaxa/Dabigatran/Eliquis/Apixaban/Edoxaban/Lixiana) must be stopped 3 days prior to the procedure. If you are unsure if you are on blood thinners, please contact your pharmacy.

Plavix (Clopidogrel) Brilinta (Ticagrelor) and Aspirin 325mg must be stopped 7 days prior to your procedure.

Warfarin/Coumadin must be stopped 5 days prior to your procedure.

Anti-Inflammatories (Advil/Ibuprofen/Naproxen/Celebrex/Meloxicam) must be stopped 2 days prior to your procedure. Aspirin 81 mg can be continued.

Vitamin E must be stopped 5 days before your procedure.

Iron pills must be stopped 7 days before your procedure.

Fiber supplements must be stopped 5 days before your procedure.

Alcohol must not be consumed for at least 24hrs before your procedure.

Take your **regular blood pressure medications** the morning of your procedure with **SIPS** of water only.

Please bring all medications with you on the day of your procedure.

FOLLOW THE BELOW INSTRUCTIONS FOR BOWEL CLEAN-OUT PREPARATION

- 1) Starting 5 days prior to your colonoscopy: Foods to consume and avoid are as follows:

Acceptable Foods	Foods to Avoid
❖ White bread or toast	❖ Whole grain bread or whole grain cereals or whole grain pasta
❖ White rice	❖ Brown or wild rice
❖ White pasta	❖ Oatmeal
❖ Dairy products (yogurt, milk, cheese)	❖ Raw fruits or berries of any kind
❖ Eggs	❖ Raw vegetables
❖ Chicken, beef, pork, fish	❖ Nuts and seeds
❖ Cooked/steamed vegetables	❖ Food containing any nuts or seeds
❖ Canned fruits	❖ Popcorn

****If you are not sure whether a food is safe to eat, then DO NOT have it****

- 2) The day before the procedure you may have a light breakfast (ex. a slice of white toast) BEFORE 8:00AM. After 8:00AM you must be on a CLEAR FLUID DIET ONLY. NO SOLID FOOD. NO RED OR PURPLE DYES.

Foods allowed:

Beverages: Coffee and tea (no milk), carbonated drinks, clear juices, Gatorade (no red or purple)

Desert: Jello (no red or purple)

Soups: Bouillon, broth, consommé (clear only)

Sweets: Honey, hard candy, sugar

- 3) Starting the day before your procedure, you **must follow a bowel cleansing preparation**. If your colon is not clean, your procedure may need to be repeated on a future date.

Purchase one container of PEGLYTE/COLYTE at your local pharmacy. **Follow our instructions, not the instructions on the bottle.**

It comes as a powder and will need to be mixed with water. Once mixed with water, please keep refrigerated.

This medication is easier to drink if kept cold. It is suggested to drink each glass rapidly.

Electrolyte drinks such as Gatorade are ideal for extra fluids (no red or purple).

If you have nausea while taking this prep, you may take Ginger Ale, Gravol Ginger, or regular Gravol as directed on package (if not allergic) or try drinking prep through a straw placed far back in your mouth.

YOU MUST DRINK ALL 4L OF THE BOWEL PREP.

Drink 2L starting at 6:00pm on the day before the procedure. Aim to finish this in 2 hours. Make sure to drink other clear fluids until midnight to stay hydrated or mix them with prep if you wish.

Drink the second 2L **6 hours** before your scheduled arrival time. You MUST be finished the second 2L **4 hours** before your arrival time. For example, if your scheduled arrival time is 8:00am, you must get up and drink the remaining 2L at 2:00am and be finished by 4:00am.

Note: Individual responses may vary. A bowel movement may be produced in as quickly as 30 minutes. This product will cause multiple bowel movements.

YOU MUST HAVE NOTHING TO DRINK BESIDES THE BOWEL PREP AFTER MIDNIGHT. Do not chew gum, eat candies, or suck on hard candy after midnight.

After your colonoscopy you will be kept in the endoscopy unit until most of the effects of the medication have worn off. You may feel bloated as a result of the introduction of air into the colon during the examination. This is normal and will improve with time. You will be able to resume your normal diet after the colonoscopy unless otherwise instructed.