

IMPORTANT - Please Read These Instructions at Least 2 Weeks Before Your Colonoscopy

Key Instructions: Your bowel must be empty so that your doctor can clearly view your colon. Follow all of the instructions in this handout EXACTLY as they are written.

Do NOT eat any solid food the ENTIRE day before your colonoscopy.

Buy your bowel preparation at least 5 days before your colonoscopy

Do NOT mix the solution until the day before your colonoscopy.

Designated Driver on the Day of Your Exam: A responsible family member or friend MUST come with you to your colonoscopy and REMAIN in the endoscopy area until you are discharged! You are NOT ALLOWED to drive, take a taxi or bus, or leave the Endoscopy Centre ALONE. If you do not have a responsible driver (family member or friend) with you to take you home, your exam cannot be done with sedation and will be cancelled.

Some of the medicines you take may need to be stopped or adjusted before your colonoscopy. You MUST call the doctor who ordered any of the following medicines at least 2 weeks before your colonoscopy.

Blood thinners -- such as Coumadin® (warfarin), Plavix® (clopidogrel), Ticlid® (ticlopidine hydrochloride), Agrylin® (anagrelide), Xarelto® (Rivaroxaban), Pradaxa® (Dabigatran), and Effient® (Prasugrel).

Insulin or diabetes pills. please call the doctor that monitors your glucose levels. Your insulin dosage may need to be adjusted due to the diet restrictions required with this bowel preparation. (Please bring your diabetes medicines with you on the day of your procedure.)

If you take aspirin, take it and ALL other medications prescribed by your doctor. On the day of your colonoscopy, take your medications with a sip of water.

How to Prepare for Your Colonoscopy Using MoviPrep

If you do NOT follow the directions for when to start drinking the bowel preparation, **your colonoscopy WILL be cancelled.**

Do NOT take medicines that stop diarrhea -- such as Imodium®, Kaopectate®, or Pepto Bismol®.

Do NOT take fiber supplements -- such as Metamucil®, Citrucel®, or Perdiem®.

Do NOT take products that contain iron -- such as multi-vitamins -- (the label lists what is in the products).

Do NOT take vitamin E

Buy the prescription bowel preparation solution at your local pharmacy or drugstore pharmacy.

Do NOT eat high-fiber foods -- such as popcorn, beans, seeds (flax, sunflower, quinoa), multigrain bread, nuts, salad/vegetables, or fresh and dried fruit.

Only drink clear liquids the ENTIRE DAY before your colonoscopy. Do NOT eat any solid foods. Drink at least 8 ounces of clear liquids every hour after waking up. The clear liquids you can drink include:

water, apple or white grape juice; broth; coffee or tea (without milk or creamer); clear carbonated beverages such as ginger ale or lemon-lime soda; Gatorade® or other sports drinks (not red); Kool-Aid® or other flavored drinks (not red).

You may eat plain jello or other gelatins (not red) or popsicles (not red).

Do NOT drink alcohol on the day before or the day of the procedure.

The MoviPrep carton contains pouches and a disposable container for mixing. Follow the mixing instructions on

the carton. Mix the MoviPrep solution no sooner than 24 hours before it will be used. Do not add ice, sugar or flavorings to the solution. Do not take more than the recommended dose or serious side effects could occur. You can refrigerate the preparation before drinking.

Evening Before Your Colonoscopy

Step 1.

• Start drinking MoviPrep at 6 PM the evening before your colonoscopy. Drink an 8-oz glass of bowel preparation every 15 minutes for a total of 4 glasses.

• Fifteen (15) minutes later, drink an 8-oz glass of clear liquids every 15 minutes for a total of 2 glasses.

Step 2. Thirty (30) minutes later:

• Drink an 8-oz glass of bowel preparation every 15 minutes for a total of 4 glasses.

• Fifteen (15) minutes later, drink an 8-oz glass of clear liquids every 15 minutes for a total of 2 glasses.

You may continue to drink clear liquids only until midnight.

Do NOT eat or drink ANYTHING after midnight the night before your procedure or your procedure may be cancelled. This is for your safety and will reduce the risk of having food or liquid in your stomach move into your lungs (aspiration) during a procedure. If you take aspirin, take it and ALL other prescribed medicines with a sip of water on the day of your colonoscopy.

If I need to change my appointment, who do I call?

If you need to rebook your procedure or consultation, kindly call us at 416-638-5889 at least 3 days before your procedure appointment to rebook.

Can I drive myself to the clinic on the day of my procedure?

No, unfortunately you CANNOT drive the day of your procedure or for 24 hours afterward. You will be put under sedation and will still be groggy after the procedure. You must have somebody with you to drive you home, or accompany you on the TTC/Taxi, or your procedure will be cancelled.

How early should I arrive?

Please arrive 30 minutes before your scheduled procedure time so that we can register you.

How long is the procedure?

Once you arrive at the clinic and have registered you should expect to be at the clinic for about 3 hours. If you are having a Gastroscopy it will take about 20 minutes. If you are doing a Colonoscopy it will be about 45 minutes. If you are doing BOTH procedures, it would be about 1 hour long.

When will I know my results?

If any biopsies were taken during your procedure, it will take about two weeks from the day we send in your sample. We will then fax the results to your family physician.

Will I need to miss work the day of the procedure?

The procedure requires you to take a laxative that will clean out your colon at 4P.M. the day before your procedure. For this reason, you will be using the washroom very frequently before your procedure and sometimes, even the day of. Since you will be put under sedation and is unable to drive a vehicle or make any major decisions for 24 hours after, we strongly recommend you take the day off.

How will I feel after the procedure?

Generally everyone feels okay after a gastroscopy and/or a colonoscopy. You may feel woozy or groggy after so every patient must have someone to take you home. We will provide you with post procedure snacks for you to regain your strength. Also, you will probably have some gas which will cause mild discomfort, but this feeling will subside as soon as you allow the gas to pass through.