



WOMEN'S COLLEGE HOSPITAL  
Health care for women | REVOLUTIONIZED

## Women's College Hospital & Mount Sinai Hospital

**Women's College Hospital GI Clinic**

76 Grenville Street, 4<sup>th</sup> Floor  
Toronto ON M5S 1B2

T: (416) 323-7543 ♦ F: (416) 323-7549

**Mount Sinai Hospital Endoscopy Unit**

600 University Avenue, 6<sup>th</sup> Floor  
Toronto ON M5G 1X5

### COLONOSCOPY PREPARATION with MoviPrep

Your arrival time is: \_\_\_\_\_ on \_\_\_\_\_.

Your procedure time is: \_\_\_\_\_

Dr. Natasha Bollegala

Dr. Jeff Stal

Dr. Talia Zenlea

#### IF YOU TAKE BLOOD THINNERS OR ASPIRIN:

If you are on blood thinners (e.g. Coumadin, Eliquis, etc.), please call us at (416) 323-7543 as soon as possible. Failure to notify us prior to your procedure may result in your procedure being cancelled.

If you are on Aspirin, please follow the advice of your family doctor.

Date	Action
<b>Two (2) weeks prior</b> to procedure	Call to confirm appointment (416) 323-7543 ( <b>please see attached cancellation policy</b> ).  You will need to purchase <b>The MoviPrep (contains 4 pouches) and three (3) Dulcolax tablets</b> which are available over-the-counter at most pharmacies.
<b>One (1) week prior</b> to procedure	Do not eat any foods containing small seeds (e.g. kiwi, raspberries, poppy seeds etc.).
<b>Three (3) days prior</b> to procedure	Do not eat any foods containing whole grains or nuts (e.g. cereals, oatmeal or brown bread).
<b>Two (2) days prior</b> to procedure	<b>8:00pm:</b> Take the 1 <sup>st</sup> Dulcolax tablet. Drink two full glasses of water immediately after the Dulcolax tablet.
<b>DAY BEFORE</b> procedure	You will be on <b>clear fluids for the entire day</b> , starting first thing in the morning. Have no solid foods, milk or dairy products or anything coloured <b>red or purple</b> . You may have clear fluids only, such as: <ul style="list-style-type: none"> <li>• Soft drinks (e.g. 7-up, Sprite, Ginger Ale)</li> <li>• Clear broth or bouillon</li> <li>• clear fruit juices (e.g. apple, white juices)</li> <li>• Water, tea or coffee (no milk or dairy creamer)</li> <li>• Jell-O, Ice popsicles</li> <li>• Sports drinks (e.g. Gatorade) are strongly recommended because</li> </ul>

	<p>they contain electrolytes which will prevent lightheadedness</p> <p><b>You MUST have a variety of clear fluids (nothing red or purple). Do NOT just drink water.</b></p> <p><b><u>7:00 pm:</u></b></p> <ul style="list-style-type: none"> <li>• Take the 2<sup>nd</sup> Dulcolax tablet.</li> <li>• Empty 1 pouch A and 1 pouch B Movi Prep into the 1L container.</li> <li>• Add lukewarm drinking water to the top line of the container. Mix to dissolve.</li> <li>• Every 15 minutes, drink 8 oz of the solution until the full litre is consumed.</li> <li>• Drink 16 oz of clear liquids (as per guidelines above). This is a necessary step to ensure adequate hydration and an effective preparation.</li> </ul>
<p><b>DAY of PROCEDURE</b></p>	<p><b><u>6 hours prior to your procedure:</u></b></p> <ul style="list-style-type: none"> <li>• Take the 3<sup>rd</sup> Dulcolax tablet.</li> <li>• Empty 1 pouch A and 1 pouch B Movi Prep into the 1L container.</li> <li>• Add lukewarm drinking water to the top line of the container. Mix to dissolve.</li> <li>• Every 15 minutes, drink 8 oz of the solution until the full litre is consumed.</li> <li>• Drink 16 oz of clear liquids (as per guidelines above). This is a necessary step to ensure adequate hydration and an effective preparation</li> </ul> <p><b>You must stop drinking completely 4 hours prior to the time of your procedure.</b></p> <p>If you have <b>sleep apnea</b>, please bring your CPAP machine with you. If you <b>take blood pressure or heart medication</b>, please make sure to take this the morning of your procedure with a sip of water.</p> <p>If you are <b>diabetic</b>, do not take your diabetes medication on the morning of your test. Please let the nurse know when you arrive in surgical daycare that you are diabetic.</p> <p>Even if you think your preparation has not been effective, <b>please come in for your procedure.</b></p> <p><b>One hour prior to your procedure</b>, report to the Mount Sinai Hospital Endoscopy Unit on the 6<sup>th</sup> floor <b><u>room 6-213</u></b>. Bring your valid OHIP card.</p> <p><b><u>DO NOT BRING ANY JEWELLRY OR VALUABLES WITH YOU. DO NOT WEAR ANY MAKE-UP.</u></b></p> <p>You may want to bring a book or something to do prior to your test as <b><u>your arrival time is not your procedure time</u></b>. You will be in hospital approximately <b>2</b> hours in total. The latest you will be in the unit is 3:30pm.</p> <p>Because a sedative is given for this procedure <b>you must be accompanied by a friend or family member when you leave</b>. You may take public transportation or taxi as long as you are accompanied.</p>
<p><b>One (1) week after procedure</b></p>	<p>Call our office at (416) 323-7543 to arrange a follow up appointment if it is necessary.</p>

# Cancellation Policy for Endoscopy

## Division of Gastroenterology Women's College Hospital

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**If you wish to cancel or reschedule your procedure(s) please give us at least 5 business days notice.**

If you miss your procedure (Gastroscopy or Colonoscopy or Flexible Sigmoidoscopy) or cancel it with less than 5 business days notice, there will be a **\$200** late cancellation fee. Another procedure will not be rescheduled until payment is made in full.

Notice of cancellation must be given during business hours (8:00 am to 4:00 pm), Monday to Friday.

We have implemented this policy to ensure both proper care of our patients and efficient use of our endoscopic facility.

Thank you.

## Directions to Mt. Sinai Hospital

### Directions, Parking and Visiting Hours

Mount Sinai Hospital is located in downtown Toronto just south of College Street and University Avenue.

#### By Transit

Take the Spadina-University subway line to Queen's Park Station (College Street).

Or take the College / Carlton streetcar to University Avenue. The Hospital is south of College Street on the west side, at 600 University Avenue.

#### Wheel-Trans Service

Wheel-Trans provides door-to-door accessible transit service for persons with physical disabilities using accessible buses, contracted accessible and sedan taxis.

#### By Train

Take VIA Rail or GO Transit to Union Station. You can then walk up University Avenue (about 25 minutes at casual pace) or take the subway from Union Station north to Queen's Park Station.

#### By Car

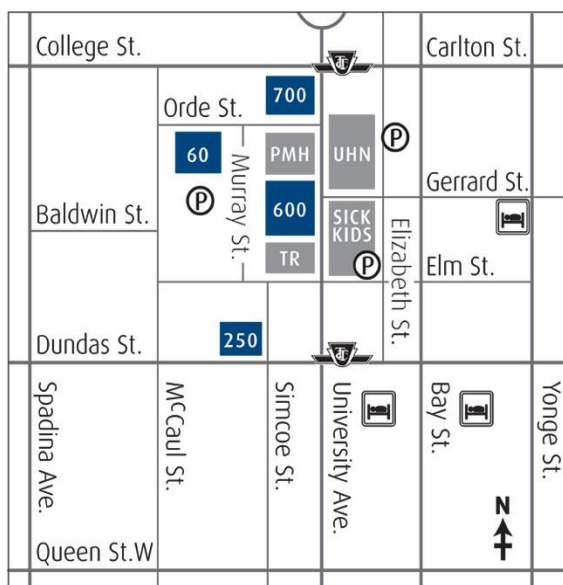
*From west of Toronto:*

- Take the eastbound Queen Elizabeth Way (QEW) or southbound Highway 427 to the eastbound Gardiner Expressway.
- Exit the Gardiner Expressway at Bay/York St.
- Go north up York Street and past Front Street. Stay in the far left lane which merges into University Avenue.
- Mount Sinai Hospital is located at 600 University Avenue, north of Dundas St. and south of College St.
- Turn left onto Elm St., then right onto Murray St.
- **Please note:** During morning and afternoon rush hours (7-10 a.m. and 3-7 p.m.) left turns onto Elm St. are not permitted.
- Continue north to the next set of lights where you can legally make a U-turn in order to get back to Elm St. Parking can be found behind the hospital on Murray St.

*From east of Toronto:*

- Take the southbound Don Valley Parkway to the Gardiner Expressway.
- Exit the Gardiner Expressway at Bay/York St.

- Go north up York Street and past Front Street. Stay in the far left lane which merges into University Avenue.
- Mount Sinai Hospital is located at 600 University Avenue, north of Dundas St. and south of College St.
- Turn left onto Elm St., then right onto Murray St.
- Please note: During morning and afternoon rush hours (7-10 a.m. and 3-7 p.m.) left turns onto Elm St. are not permitted.
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- TTC subway/streetcar access
- Elizabeth Street Bus Terminal; GO Transit and other carriers; Union Station is on Front Street
- Parking
- Hotel

**Mount Sinai Hospital**

- 700** Ontario Power Generation Building  
700 University Avenue
- 600** 600 University Avenue
- 60** 60 Murray Street
- 250** Centre for Fertility & Reproductive Health  
250 Dundas Street West  
(Parking available underground)