

COLONOSCOPY PREPARATION with Bi-PegLyte

Your procedure is at Mount Sinai Hospital Endoscopy Unit.
<https://www.mountsinai.on.ca/patients/directions-parking>

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 |
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| Two (2) weeks prior to procedure | Call to confirm appointment (416) 323-7543 (please see attached cancellation policy). You will need to purchase Bi-PegLyte (contains 2 pouches and 3 bisacodyl (Dulcolax) tablets) . If the specific preparation is not available, please ask your pharmacist for a suitable alternative. For example - Colyte, Moviprep, Picop Prep etc. (half 12hrs before the time of the procedure and the other half 6 hours before the procedure. We will not be able to do a colonoscopy if no preparation is completed. |
| One (1) week prior to procedure | Do not eat any foods containing small seeds (e.g. kiwi, raspberries, poppy seeds etc.). |
| Three (3) days prior to procedure | Do not eat any foods containing whole grains or nuts (e.g. cereals, oatmeal or brown bread). |
| Two (2) days prior to procedure | 8:00pm: Take all 3 bisacodyl (Dulcolax) tablets (total 15mg) with water. Do not chew or crush the tablets. |
| DAY BEFORE procedure | You will be on clear fluids for the entire day , starting first thing in the morning. Have no solid foods, milk or dairy products or anything coloured red or purple . You may have clear fluids only, such as: <ul style="list-style-type: none"> • Soft drinks (e.g. 7-up, Sprite, Ginger Ale) |

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|--------------------------------|--|
| | <ul style="list-style-type: none"> <input type="checkbox"/> Clear broth or bouillon <input type="checkbox"/> clear fruit juices (e.g. apple, white juices) <input type="checkbox"/> Water, tea or coffee (no milk or dairy creamer) <input type="checkbox"/> Jell-O, Ice popsicles <input type="checkbox"/> Sports drinks (e.g. Gatorade) are strongly recommended because they contain electrolytes which will prevent lightheadedness <p style="text-align: center;">You MUST have a variety of clear fluids (nothing red or purple). Do NOT just drink water.</p> <p><u>7:00 pm:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Dissolve the entire contents of one pouch of Bi-PegLyte in 1L (32 ounces) of water and mix rapidly until a clear solution forms. No additional ingredients should be added to the solution. <input type="checkbox"/> Every 15 minutes, drink 8 oz of the solution until the full litre is consumed. <input type="checkbox"/> Drink 16 oz of clear fluids (as per guidelines above). This is a necessary step to ensure adequate hydration and an effective preparation. |
| <p>DAY of PROCEDURE</p> | <p><u>6 hours prior to your procedure:</u></p> <ul style="list-style-type: none"> • Dissolve the entire contents of the second pouch of Bi-PegLyte in 1L (32 ounces) of water and mix rapidly until a clear solution forms. No additional ingredients should be added to the solution. • Every 15 minutes, drink 8 oz of the solution until the full litre is consumed. • Drink 16 oz of clear fluids (as per guidelines above). This is a necessary step to ensure adequate hydration and an effective preparation. <p>You must stop drinking completely 4 hours prior to the time of your procedure.</p> <p>If you have sleep apnea, please bring your CPAP machine with you.</p> <p>If you take blood pressure or heart medication, please make sure to take this the morning of your procedure with a sip of water.</p> <p>If you are diabetic, 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, please come in for your procedure anyway.</p> <p>One hour prior to your procedure, report to the Mount Sinai Hospital Endoscopy Unit on the 4th floor <u>room 4-123</u>. Bring your valid OHIP card.</p> <p><u>DO NOT BRING ANY JEWELLRY OR VALUABLES WITH YOU.</u></p> <p><u>Your arrival time is not your procedure time.</u> You will be in hospital approximately 2 hours in total.</p> <p>Because a sedative is given for this procedure you must be accompanied by a friend or family member when you leave. You may take public transportation or taxi as long as you are accompanied.</p> |

IMPORTANT

YOU MUST CONFIRM YOUR PROCEDURE

Please call 416-323-7543 at least 2 weeks prior to your procedure date to confirm. Unconfirmed procedures may be cancelled.

Any rescheduling requests or cancellations must be made with as much advanced notice as possible.

There is a **\$200 late cancellation fee** for missed procedures, or those cancelled with less than 5 business days notice.

Thank you.