

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

YOU MUST CONFIRM YOUR PROCEDURE

Please call 416-323-7543 or email GI-scope@wchospital.ca at least 2 weeks prior to your procedure date to confirm. Unconfirmed procedures may be cancelled.

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
Two (2) weeks prior to procedure	Call to confirm appointment (416) 323-7543 or email GI-scope@wchospital.ca (please see attached cancellation policy). You will need to purchase Bi-PegLyte (which contains 2 pouches and 3 bisacodyl (Dulcolax) tablets).
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).

<p>Two (2) days prior to procedure</p>	<p>8:00pm Take all 3 bisacodyl (Dulcolax) tablets with water. Please do not chew or crush it.</p>
<p>DAY BEFORE procedure</p>	<p>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:</p> <ul style="list-style-type: none"> • Soft drinks (e.g., 7-up, Sprite, Ginger Ale) • Clear broth or bouillon • clear fruit juices (e.g., apple, white juices) • Water, tea or coffee (no milk or dairy creamer) • Jell-O, Ice popsicles • Sports drinks (e.g. Gatorade) are strongly recommended because they contain electrolytes which will prevent lightheadedness <p>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"> • 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. • 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>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><u>AFTER THIS STEP – HAVE NOTHING TO EAT OR DRINK UNTIL THE EXAMINATION IS COMPLETED.</u></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>As per the arrival time provided at the top of this form, report to the Mount Sinai Hospital Endoscopy Unit on the 6th floor <u>room 6-138</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> Please expect to be at the hospital for several hours.</p>
<p>Going Home AFTER Procedure</p>	<p>Because a sedative is usually given for this procedure, you MUST be accompanied by an ADULT friend or family member when you leave.</p> <p>You may take public transportation, or an uber/taxi provided you are accompanied on this ride by a family member or friend.</p> <p>Please note that you will be expected to provide a contact number for your escort in case of an emergency.</p> <p>If you choose to have the procedure done without any sedation you will not require an escort when going home.</p>

IMPORTANT

Please call 416-323-7543 or email GI-scope@wchospital.ca 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, rescheduled, or cancelled procedures with less than 5 business days' notice.

Thank you.