PATIENT COPY **Dr. Thomas P. Morell -General Surgeon**

(613) 264-1155

Name: _____

You have been referred by your family physician for a colonoscopy to be performed. The information received from your family physician 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 will be signed at this time. If you are unsure why referral sent, please contact your family physician for clarification of reason referred. If you DO NOT want procedure, you MUST call and cancel or a NO SHOW charge will be billed to you.

COLONOSCOPY:

DEFINITION: A procedure done in the operating room with a length of black coated tubing with a lighted end. This allows for direct visual inspection of the rectum and large intestine. This is not a surgical procedure, but you will be given medication that will make you drowsy. For best visualization of the intestine, we need your bowel to be cleaned out completely. It is very important to follow the instructions given to you.

You have been scheduled for your colonoscopy on _____.

Your procedure is scheduled at the PERTH HOSPITAL

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

YOU MUST HAVE SOMEONE TO TAKE YOU HOME as you will be receiving medication. This is a day surgery procedure. You will be at the hospital for a total of approx. 2 - 3 hours, depending on day.

If you have **SLEEP APNEA** you must bring CPAP machine day of procedure.

DIABETICS: Please bring your insulin/tablets with you to the hospital. **READ COVER SHEET FOR INSTRUCTIONS**

GLP1 Drugs (weight loss) see cover sheet for instructions – these drugs need to be stopped prior to procedure

COUMADIN: If you take Coumadin, please stop 5 days prior to your procedure date.

XARELTO/PRADAXA/ELIQUIS/APIXABAN (blood thinning family of drugs): Stop 3 days prior to procedure. IF UNSURE IF ON BLOOD THINNERS CALL YOUR PHARMACY

PLAVIX(Clopidogrel) Brilinta (Ticagrelor) and ASPIRIN 325mg: Stop these 7 days prior to your procedure.

TAKE YOUR REGULAR BLOOD PRESSURE MEDICATIONS with **sips** of water only morning of procedure (Please bring all medications with you the day of your procedure)

Follow attached instructions for bowel clean-out preparation. (turn page over)

PREPARATION FOR COLONOSCOPY
(Read all information please)

1) Day before procedure you must be on a **clear fluid diet only**. (see below) **NO SOLID FOOD**

TYPE OF FOODS	FOODS ALLOWED
• Beverage	Coffee, carbonated drinks, strained fruit juice, tea (no MILK)
• Dessert	Clear fruit gelatin (not red)
• Soups	Bouillon, broth, consommé
• Sweets	Honey, hard candy, sugar

During this clear fluid diet day, **you must follow a bowel cleansing preparation**.

-Purchase 1 CONTAINER OF **PEGLYTE/COLYTE** at your local pharmacy. **(follow our instructions not product instructions) if you need a prescription you need to call and leave a pharmacy phone number for us to call.**

It comes as a powder and will need to be mixed with water.
-Please keep refrigerated.
-This medication is easier to drink if kept really cold and is easier if drink each glassful rapidly.
-Electrolyte containing drinks such as Gatorade are ideal for the extra fluids. (no red/purple)
- If you have nausea while taking this prep you may try Gravol as directed on package (if not allergic), or try drinking prep thru a straw.
-While doing bowel prep you should continue drinking other fluids.

You must drink all 4L of this bowel clean out. Start after 4 pm and finish before bedtime.
-If needed drink 2L, take couple hours break, and then finish the next 2L

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

NOTHING TO EAT OR DRINK AFTER MIDNIGHT ONCE FINISHED DRINKING PREP

- Do not chew gum, eat candies or suck on hard candy after midnight.
- **Do not drink alcohol for at least 24 hours before surgery.**

What happens after the 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 usual diet after the colonoscopy unless instructed otherwise. If a polyp has been removed, your doctor may wish your diet to be limited for a while before returning to your regular diet