



Oak Ridges Endoscopy Centre
13291 Yonge Street, 4th Floor, Suite 400
Richmond Hill, Ontario L4E 4L6
Phone: 905.751.2930 • Fax: 1.866.643.9669



APPOINTMENT

DATE: _____

TIME: _____

PREPARATION FOR YOUR GASTROSCOPY.

DO NOT eat for **8 HOURS** and last drink **4 hours** before the procedure.

PREPARATION FOR YOUR COLONOSCOPY

You should avoid any leafy vegetables, fruit, berries and seeds for three days before the procedure. A strong laxative must be taken before your procedure. You should buy **PICO-SALAX** at your local pharmacy without a prescription.

THE DAY BEFORE YOUR PROCEDURE:

Your last meal should be breakfast one day before the procedure. Afterward, you should remain on clear fluids only. After taking the laxative be near a toilet as it can start working within 1 to 3 hours.

STEP 1: take the **1st Sachet of PICO-SALAX at 4pm**. Fill a mug with **150mL (5oz) cold water**. Empty contents of sachet in the mug (mixture may heat up - allow to cool before drinking). Stir for 2-3 minutes until completely dissolved. After drinking Pico-Salax **YOU MUST DRINK AT LEAST 2 LITERS (8 CUPS) OF WARM SALTY CHICKEN BROTH, GATORADE OR OTHER SALT CONTAINING DRINKS.**

PLAIN WATER OR JUICE ARE NOT RECOMMENDED.

STEP 2: take the **2nd Sachet of PICO-SALAX at 8pm**. Repeat instructions from **STEP 1**.

STEP 3: take the **3rd Sachet of PICO-SALAX 5 hours prior to your appointment**.

Repeat instructions from **STEP 1**. You can drink up to **3 hours** before the procedure.

The colon needs to be very clean. **ONLY** clear yellowish fluid should be coming out by the time you will come for the procedure.

IF YOUR ARE SCHEDULED FOR COLONOSCOPY AND GASTROSCOPY TOGETHER FOLLOW COLONOSCOPY PREPARATION INSTRUSCTIONS.

Medications: Take your regular medications as usual EXCEPT:

- Aspirin® (ASA), or medications containing ASA or anti-inflammatory (**DON'T** take for 7 days before procedure)
- Blood thinners such as: Plavix® (clopidogrel), Brilianta (Ticagrelor), Ticlid® (ticlopidine), Coumadin® (warfarin), Dabigatran® (Pradaxa) (**DON'T** take for 5 days before procedure)
- Blood thinners such as: Eliquis (Apixaban), Xarelto (Rivaroxaban), Savaysa (Edoxaban) (**DON'T** take for 24 hours before procedure)
- Iron pills or a multivitamin containing iron (**DON'T** take for 3 days before procedure)
- Diabetic pills (**DON'T** take 1 day before & on the day of procedure)
- Insulin (Take a half of a normal dose 1 day and don't take on the day of the procedure) monitor blood glucose level it needs to remain around 10 for the procedure.
- If you have an artificial heart valve please consult with your cardiologist regarding a need of Heparin treatment before and during the procedure and see Dr. Ginzburg for consultation prior to the procedure.

What are colonoscopy and gastroscopy?

COLONOSCOPY is a direct way of looking at the lining of your large intestine for

abnormalities. A flexible telescope is passed through the anus and around the colon. If polyps (precancerous lesions) are found, they are usually removed during this procedure; alternatively, very small tissue samples (biopsies) can be taken. All samples and polyps are sent to a lab.

GASTROSCOPY is a direct way of looking at the esophagus, stomach and small bowel. This is done by passing a thin flexible telescope to the back of your throat and down into your esophagus.

PREPARATION

What should you expect? You must register at the clinic then change into the clinic gown and leave your socks on. Then a nurse will ask you a few questions and take your blood pressure and pulse. An intravenous line will be set up to give you medication to relax and some people will sleep during the procedure.

After procedure: air that was added into your colon during the procedure may cause abdominal pressure or cramping will pass once you pass 'gas' in the recovery area. Procedure takes 30 minutes, but please be prepared to spend up to 3 hours at the clinic.

What are the risks?

Colonoscopy and gastroscopy are safe procedures and have very low risks. However, possible complications are:

Perforation (a tear) in the colon wall after a colonoscopy - about 1 in 1,500 or following removal of a polyp - about 1 in 500. It may require surgery to repair or be managed with antibiotics and intravenous fluids.

Bleeding following a colonoscopy - about 1 in 2,000 or following removal of a polyp - about 1 in 500.

Allergic reactions to the intravenous medications (including rash, fever or breathing problems). A tender lump where the intravenous is placed in your arm may develop which may stay for up to several months but goes away. Apply warm packs to relieve the discomfort.

Heart problems, or a stroke can occur in a patient with underlying medical problems, but are very rare.

Severe damage to teeth, mouth, throat, vocal cords, oesophagus or stomach during a gastroscopy is very rare.

Lung or gastrointestinal tract infections are very rare.

No test in medicine is perfect: polyps and cancers are rarely missed (only in 2-6%).

POST COLONOSCOPY AND GASTROSCOPY INSTRUCTIONS:

DO NOT: Drive a car, operate machinery, drink alcohol, make any legal or financial decisions for 24 hours after the procedure. **YOU MUST HAVE SOMEONE ACCOMPANY YOU HOME.**

Adverse effects: A little discomfort is normal after colonoscopy. Bloating and abdominal discomfort are caused by the air that was pumped into your bowel. It can be relieved by drinking warm fluids, walking, trying to pass gas. You may notice small amount of bleeding when you go to the washroom, either in the toilet or on the tissue. This is normal. If it continues or increases after 24 hours or you have any severe abdominal pain, fever or chills, or passage of red blood or black stools, or any other unusual symptoms, go to the nearest Emergency Department immediately and call our office at (905)751-2930 to notify us.

Diet: Increase your diet gradually over a few days.

THREE WORKING DAYS NOTICE IS REQUIRED FOR CANCELLATION OF SCHEDULED APPOINTMENT.

\$200 FEE MAY BE CHARGED FOR MISSED APPOINTMENT