

ST. THOMAS SURGICAL CLINIC

DR. J. ANDRUCHOW, MD, FRCSC(C) DR. A. BENNETT, MD, FRCSC(C) DR. A. CHOW, MD, FRCSC(C)
DR. S. KÜPPER, MD, FRCSC(C) DR. D. MOK, MD, FRCSC(C) DR. S. NORRIS, MD, FRCSC(C) DR. N. WASEY, MD, FRCSC(C)
#4, ST. JOSEPH STREET | ST. ALBERT, AB | T8N 0B5 PH. 780.459.6633 | FX. 780.459.6609

Please note this is a template of the preparation instructions for colonoscopy. Please call the office for the date, time and location.

Place:

Once you arrive, the nurses will prepare you for your colonoscopy, including inserting an IV, etc. Your colonoscopy will commence approximately 1 hour after your arrival. You must have a ride home with a friend or family member. The procedure will be cancelled without a ride home.

Having a Colonoscopy:

Your surgeon and/or your family physician have determined that you should have a colonoscopy performed to diagnosis your intestinal condition or screen for colon cancer. You will be at the Hospital for approximately three hours and you will be sedated for the procedure. You must therefore arrange for a responsible adult to take you home after the procedure since you have been sedated. You are considered impaired for 24 hours after the procedure.

What is a Colonoscopy?

A colonoscopy is a procedure where the lining of your colon or large intestine is examined, using a fibre optic camera contained in a flexible tube about the thickness of your finger called an endoscope. You are sedated during this procedure. You will be lying on your side or back while this procedure takes place. It usually takes from 20 to 30 minutes. You may have little to no awareness of the test during the procedure.

How do you prepare for this procedure?

An accurate and successful colonoscopy depends on a good cleansing prior to the procedure (free of stool and sediment). If you do not prepare properly, you may need to have your appointment rescheduled and go through the preparation a second time.

What are the risks and complications of Colonoscopy?

Colonoscopy is a safe procedure. There is a very small risk of colon perforation. Colon perforation is a hole in the intestine caused by advancing the scope or from a large polyp being removed. This is rare and occurs in less than 1 in every 1000 procedures. If this happens, you may need an operation to close the hole. Your doctor is very careful to avoid this complication. The first sign of colon perforation is usually increasing pain after the test. If you have intense or worsening pain, please go to the ER. Some patients have rectal bleeding after the test, if the bleeding continues or increase, please call your surgeon office or go to the ER.

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Instructions

For the week before your colonoscopy:

- 1.) Avoid eating seeds or food containing seeds such as corn, tomatoes, watermelon, flax or sunflower seeds. Avoid eating celery.
- 2.) Chew all of your food thoroughly.
- 3.) If you take iron pills or Metamucil, please stop taking them until after the procedure.
- 4.) **If you are on blood thinners, please contact your doctor for instructions.**

In general:

- Pradaxa (dabigatran), Xarelto (rivaroxaban), Eliquis (apixaban), Lixiana (edoxaban) must be stopped 2 days in advance
 - If you have kidney problems AND are on dabigatran, you may need to stop it 3 days in advance. **Please contact your doctor.**
 - Brilinta (ticagrelor) and Plavix (clopidogrel) must be stopped 5 days in advance
 - Coumadin (warfarin) must be stopped 5 days in advance
 - Aspirin must be stopped 7 days in advance
 - Heparin, tinzaparin or similar must be stopped 1 day in advance
- 5.) If you take restoralax, please stop taking it 48hrs before your procedure.
 - 6.) If you are on **ozempic**, please stop taking it **two weeks** before your procedure.
 - 7.) If you have any questions about your regular medications, please contact your surgeon or family doctor at least 10 days in advance for instructions
 - 8.) Drink at least four glasses of water each day.
 - 9.) Purchase 4 litres of PEG lavage solution (eg. GoLYTEly, NuLYTEly, PEGlyte, Colyte). The solution may taste better if chilled. You can purchase citrus flavoured solution or add clear flavour mix to solution if needed. Please note- this can be purchase over the counter at any pharmacy.

****Please note:** The following prep instructions are not the same as indicated on the bottle.

The day before your colonoscopy: (DO NO EAT ANYTHING)

- **You must consume ONLY clear fluids. No cloudy or thick fluids, and NO SOLID FOODS. No red coloured fluids or red jello.**

Examples:

Tea or coffee with sugar. NO CREAM OR MILK

Juices, Jello, Clear Soft drinks, Soup broth only

- Drink lots of water throughout the day.
- It is recommended to not have any alcohol the day before.

****Drink 2L of lavage solution in the evening, usually between 5 - 7:00 PM**

The day of your colonoscopy

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****Start remaining 2L solution by 5-6 hours prior to procedure. (You might need to start solution intake in the middle of night/early morning hours). Complete intake of solution by 4 hours prior to procedure.**

- Stop all fluid intake 4 hours prior to procedure (including water).
- Please arrive one hour prior to your scheduled time.
- Please ensure you have a person who will be taking you home following the procedure.

Questions:

If you have any questions regarding the procedure, instructions, date, time, etc. call 780-459-6633 (Monday-Thursday 9-4, Friday 9-3). **Do not call the Hospital.**

If you have more question please visit the links provided below,

ahs.ca/colonoscopy

myhealth.alberta.ca/colonoscopy

****PLEASE NOTE: we require at least 72 hours cancellation notice, if within 72 hours then cancellation fees may apply****