

BLUE WATER DIAGNOSTICS LTD

704 Mara Street – Suite 106
POINT EDWARD ON N7V 1X4
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Tel: 519-336-1555 ext 115

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DATE OF PROCEDURE: _____

DIETARY RESTRICTIONS:

2-3 days prior to the procedure:

- 1) **Do NOT** eat any foods containing **nuts or seeds**
- 2) **Do NOT** eat any food containing **sweet corn**

MEDICATION ADJUSTMENTS: (Please bring list of medications)

- 1) **Aspirin (ASA), Anti-inflammatories**
Should be stopped **7 days** prior to procedure (including ASA 81 mg and Entrophen)
- 2) **Coumadin (Warfarin)**
Should be stopped **5 days** prior to procedure
- 3) **Iron pills** should be stopped **1 week** prior to procedure
- 4) **Ticlopidine (Ticlid), Clopidogrel (Plavix)**
Should be stopped **3 days** prior to procedure

Please check with your family doctor before stopping any of these medications.

PURCHASE FROM YOUR PHARMACY:

- PICO-SALAX bowel preparation, tastes good! You should have 3 sachets of the prep to take
- Follow instructions on **page 2** of this brochure; **not those on the package insert**

Please Note: Because you may receive sedation for your procedure, your judgment acuity may be diminished. *You must not drive, operate machinery or participate in any activity requiring your normal judgment. You will not be returning to work on the day of your procedure.*

DAY BEFORE PROCEDURE

Do NOT eat any solid foods starting from the day before your exam time. This means **NO BREAKFAST**. You may have plain Jell-O (no cream or fruit) or other clear fluids. **NO RED/PURPLE**

Drink a large amount of fluids throughout the day. **Clear fluids only**. Examples include water, apple juice, **white** grape juice, **white** cranberry juice, Gatorade, soda water, clear soup, chicken broth and Popsicles, tea and coffee (sugar is allowed but **NO** cream/milk). **NO RED OR PURPLE**.

DIABETICS

On the day of bowel preparation with clear fluids:

- Take **ONE-HALF (1/2)** the dose of oral **hypoglycemic** medications
- Take **ONE-HALF (1/2)** the dose of usual **insulin**
- **Check your blood sugar levels regularly**

ALL PATIENTS

1. **NO SOLID FOOD**
2. **NO MILK OR MILK PRODUCTS – NO ORANGE JUICE**
3. **DRINK CLEAR FLUIDS ONLY** – at least **20** throughout the day.

TIMETABLE FOR TAKING PICO-SALAX BOWEL PREPARATION

1 st sachet:	12:00 p.m.
2 nd sachet:	3 :00 p.m.
3 rd sachet	5:00 p.m.

In a mug dissolve the contents of 1 sachet in 150 ml of **COLD** water. Stir for 2-3 minutes and drink the solution. If it becomes hot, wait until it cools before you drink it.

DRINK LOTS OF FLUIDS! NOTHING AFTER MIDNIGHT!

Please Note: Failure to properly prepare the bowel will result in cancellation of your procedure!

DAY OF PROCEDURE

DO NOT WEAR ANY PERFUMES OR OILS.

DO NOT have anything by mouth unless taking the medications listed below.

DIABETICS

Delay morning diabetic **medications** until after the completion of the colonoscopy.

MEDICATIONS

Take your regular blood pressure and heart medications with a small sip of water. **(Do not take Aspirin, anti-inflammatories, Coumadin, Plavix, Ticlid or iron pills!)**

Otherwise do not drink water or any fluids after prior to your procedure.

Arrive and check in for your **appointment 15 minutes prior to your appointment** time. Our staff will admit and prepare you.

If you have a heart valve replacement or recent joint, hip or knee replacement within one year, you will need to get a prescription for antibiotics to be taken one hour before your procedure. Please obtain this prescription from your family doctor.

PLEASE NOTE: You will not be permitted to drive after undergoing your procedure. Another adult must accompany you upon arrival and discharge. If you do not have another adult accompanying you, your appointment will be cancelled!

We are located off Lite Street on Mara Street in Point Edward in the DMI building.

704 Mara St
Suite 106

Please Note: There is a \$50.00 fee for cancellations less than 48 hours prior to appointment time.

AFTER YOUR EXAMINATION

As soon as the exam is done, you will be taken to the Patient Comfort Area. Recovery time varies with each patient – typically ranging from 30 – 60 minutes. Once ready, you may leave.

We suggest a light diet for the remainder of the day.

You will not go to work for the rest of the day. Do not drive, operate machinery or drink alcoholic beverages for 24 hours after the examination.

You may resume your regular medications.

Get plenty of rest for 24 hours. During that time, you may experience some cramping, gas or a “full” feeling.

Although complications are rare, colonoscopy is a medical procedure that does carry with it possible risks and complications including, but not limited to pain, hemorrhage or perforation.

The procedure is commonly done and is not associated with a high incidence of problems. The most common problems are **pain** during the procedure, which is caused by distention of the bowel with air or stretching of the bowel while maneuvering the tube, more serious but very rare problems are **hemorrhage** (bleeding) and/or **perforation** (puncture) of the bowel. If either of these problems occur, it is sometimes necessary to operate in order to fix the problem. The incidence of these problems is approximately 1 per 10,000.

A little blood on the toilet tissue is not unusual. Bleeding that is persistent or heavy requires immediate medical attention. In such an event, please contact our office during our office hours at **(519-336-1555 ext. 115)** or proceed to your nearest Emergency Room.

Overall, colonoscopy is a very accurate and safe method of diagnosing gastro-intestinal problems. If you have any questions about the procedure or anything in this brochure, please contact our office.