

PATIENT INSTRUCTIONS:

- *Bring your health card and a list of your medications.
- *Please arrange for a responsible adult to accompany you home as you will receive **DEEP SEDATION** prior to your procedure. You cannot drive for 24 hours or go home alone by taxi.
- *Notify us 3 days prior to your appointment if you need to cancel or reschedule. Patients who fail to show up for their appointment or give insufficient notice of cancellation will be charged \$75.
- *If you are **DIABETIC**, bring your glucometer & test strips. If you have **SLEEP APNEA**, bring your machine. If you have **ASTHMA**, bring your **PUFFER**.

INSTRUCTION FOR GASTROSCOPY

Prior to your appointment: Do not eat for 6 hours and do not drink for 4 hours (including water).

INSTRUCTION FOR COLONOSCOPY

Purchase **BI-PEGLYTE** or **PEGLYTE +2 DULCOLAX TABLETS** from your pharmacy. They are over-the-counter (no prescription required) that will clean your colon.

5 DAYS PRIOR THE PROCEDURE:

1. If you are on **COUMADIN, PRADAX, PLAVIX, ASPIRIN**, and/or **ORAL IRON** you must confirm with your family doctor or cardiologist if you can stop taking the listed medications 5 days prior to your procedure.
2. Stop eating foods containing **NUTS** or **SEEDS**

2 NIGHTS PRIOR THE PROCEDURE

- Take **3 BISACODYL** tablets (inside Bipeglyte kit) or **2 DULCOLAX** tablets before bedtime to loosen compacted stool (this will not give you diarrhea).

1 DAY PRIOR THE PROCEDURE

- **NO SOLID FOOD, DAIRY OR SOY PRODUCTS. ONLY CLEAR LIQUIDS** until your procedure is done. You may have water, clear juices (apple, white grape, white cranberry), Gatorade/Powerade (white only), gingerale, 7up, Sprite, clear tea, black coffee, and/or Jello (green and yellow only)
- If you are nauseated, take 1 tablet (50 mg) of Gravol half an hour before taking **BI-PEGLYTE** or **PEGLYTE**.

OPTION 1 - BI-PEGLYTE (2 sachets)

MORNING: Mix up the Bipeglyte. Do this by adding the 1st sachet into 1 litre of water. Mix thoroughly. Then, add the 2nd sachet into a second litre of water. Mix thoroughly. Put the 2 litres of solution into the fridge to chill.

- **6:00PM:** Start drinking the 1st litre of Bipeglyte. Quickly drink a glassful every 10-15 minutes until you have finished the full 1st litre.

- **8:00PM:** Start drinking the 2nd litre of Bipeglyte. Quickly drink a glassful every 10-15 minutes until you have finished the full 2nd litre.

Drink another 2 litres of clear liquids of your choice after you finished the BiPeglyte.

OPTION 2-PEGLYTE - add 4L of water into the jug

- From **5:00pm-7:00pm** - drink **2 LITRES** of the solution, 1 glass every 10-15 minutes.
- From **8:00pm-10:00pm** - drink the last **2 LITRES** of the solution, 1 glass every 10-15 minutes. Drink another 1 litre of clear liquids of your choice after you finished the **PEGLYTE**.

IMPORTANT: Stop drinking ALL fluids 4 hours before your procedure time.

You can take high blood pressure medication 2 hours prior to procedure with a sip of water only.

DIRECTIONS: Promed Endoscopy Clinic

Keele & Finch

1315 Finch Ave. West, Suite 302
Toronto, ON M3J 2G6
(southeast corner of keele & Finch)

Free parking: Access through Tangiers Rd.

