

INSTRUCTIONS FOR COLONOSCOPY

COLONOSCOPY – Patient's Instructions

Colonoscopy is a procedure used for diagnostic and therapeutic benefits. As a diagnostic tool it aids in detecting precancerous or early cancer changes. As a therapeutic tool it allows polyps (small growths within the colon) to be removed. The procedure involves arriving to **Guelph General Hospital Day Surgery** where sedation is administered through an I.V. and a small fiberoptic camera being advanced into your anus to examine the colon. The procedure takes approximately 20 minutes. There is a small risk (1/1500) that the bowel may be injured during the procedure that may, or may not require an operation to correct.

Precaution: **DO NOT TAKE ASPIRIN OR BLOOD THINNERS (COUMADIN) 5 DAYS PRIOR TO THE PROCEDURE**

Preparation: Day before the Colonoscopy

Drink only clear fluids. You should be able to read newsprint through the glass of clear fluid. Coffee or tea may be taken without milk. Juices, popsicles and Jell-O are fine (no red flavour)

Bowel Prep: Buy 4 tablets of Dulcolax tablets (5 mg each) Take 2 tablets before bed 2 nights before procedure. Take 2 tablets 1 hour before starting Pico Salax. Buy PICO SALAX (2 packets) at drug store. Take first dose between 2-4 pm the day before procedure and the second dose 6 hours later. Dissolve the packet in a cold glass of water and drink it.

IT IS IMPORTANT TO BE VERY WELL HYDRATED DURING THE PROCEDURE DRINK AT LEAST 4 LITRES OF FLUID DURING THE BOWEL PREP. GATORADE OR POWERADE ARE GOOD EXAMPLES (not red flavour).

Gravol 50 mg orally before the bowel prep may help with nausea.

Precautions: Do not take PICO-SALAX if you have been diagnosed with Congestive Heart Failure or Chronic Renal Failure. An alternative bowel prep (Klean Prep) may be used. Drink the full preparation and plenty of clear fluids the day before the procedure.

Day of the Procedure:

You may drink clear fluids up to 2 hours before your scheduled time. If you are also having a GASTROSCOPY, do not have anything by mouth after midnight before the procedure. Delays may occur, please bring a book to read.

You will be sedated and thus you must arrange for someone to drive you home.

Report to DAY SURGERY REGISTRATION on the 3rd floor _____. Bring your health card, do not bring valuables. Do not wear make up or perfume.

After the Procedure:

You may experience gas cramps, this is normal. If you experience significant abdominal pain or fever in the days following the test, please contact my office or go to the Emergency Department.

Follow Up Arrangements:

If biopsies or a polyp removal was performed you will be instructed to contact my office and arrange follow up in 3 weeks. **DO NOT WORRY THIS DOES NOT IMPLY CANCER.**

If your test was normal, a repeat time for your screening colonoscopy will be suggested and a letter written to your Family doctor. If you wish to meet and discuss the test please do not hesitate to contact my office and arrange follow up.