

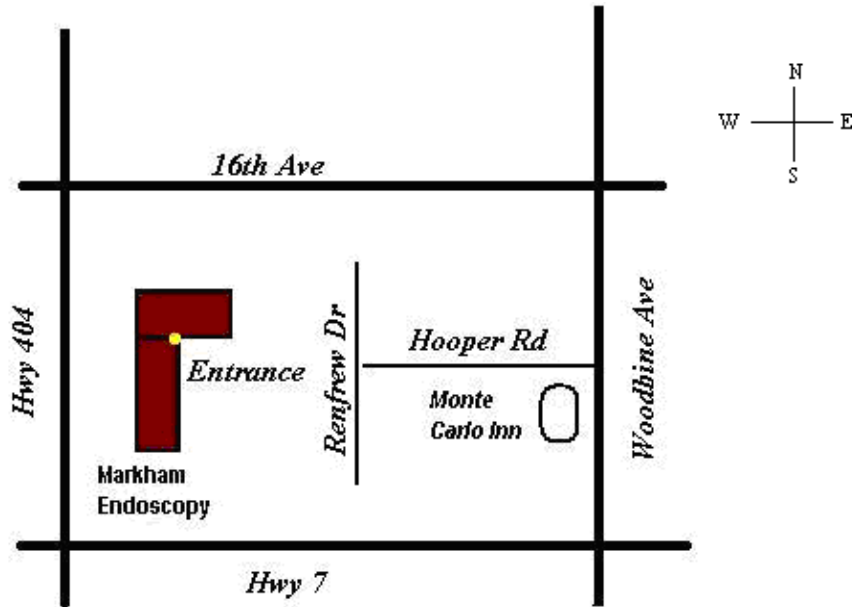


Markham Endoscopy

**100 Renfrew Drive, Suite 130 (South Entrance)
Markham, ON
L3R 9R6**

www.markham-endoscopy.com
tel: 905-948-9119 fax: 905-948-8358

DATE OF PROCEDURE: _____



"Your Bottom is Our Top Priority"

How to Prepare Bowel Preparation

Proper bowel preparation is essential to a safe and successful colonoscopy. You will need to purchase an oral bowel cleanser and stool softeners (listed below) **two days** before your procedure. These items can be found at your local pharmacy. Failure to properly prepare will result in cancellation of your appointment. ***Please call us if you have any questions*** regarding the following instructions:

- Food containing seeds, nuts or corn should be stopped 48 hours before the procedure. **No solid food for the entire day before your procedure. Clear fluids only!** Clear fluids include; water, pop, clear juices such as apple juice, white grape juice, white cranberry juice (no orange juice), Gatorade and Jell-o (no red or purple), consommé or clear broth soups, black coffee or tea (No congee!). Drink at least 2 liters (about 12 large glasses) of water throughout the day to help flush out your bowel.
- Purchase one box (contains two sachets) of **Pico-Salax**. You will also need to purchase 2 tablets of **Dulcolax**.
- Take 2 tablets of **Dulcolax** two days before your procedure. Take the tablets after supper (this is your last solid meal). These tablets are stool softeners and will not prevent you from going to work the next day.
- The **Pico-Salax** is to be taken one day before your procedure. The first sachet is to be taken at 5:00pm and the second sachet at 9:00pm that evening.
- To prepare the Pico-Salax, add one sachet to 150mL (5oz) of cold water and stir for 2-3 minutes. The mixture may heat up while stirring. If so, let it cool and drink the entire contents. This is to be done once at 5:00pm and again at 9:00 pm.
*Please note that the instructions on the box of Pico-Salax are different from our instructions. Please follow the instructions we give you!
- Drink plenty of fluids until **4 hours before** your procedure. Example: If your appointment is at 1:00pm, you must STOP drinking fluids at 9:00am.

Medications

If you are on any of the following medications, you will need to stop taking them for a period of time. Please refer to the list below:

Medication	Stop Taking
Aspirin and Entrophen	7 days before procedure
Anti-inflammatory	7 days before procedure
Iron Pills	7 days before procedure
Clopidogrel (Plavix)	3 days before procedure
Ticlopidine (Ticlid)	3 days before procedure

If you are taking **Coumadin (Warfarin)**, please inform the receptionist upon booking your appointment. Our Surgeons will review your medical history and we will provide you with further instructions if needed.

Take all other medications (not listed above), as regularly prescribed, with a small sip of water.

Attention Diabetics

- Take only HALF of your regular diabetic medication the day before the procedure. This includes oral medications *and* Insulin.
- On the day of the procedure do not take your diabetic medication until after your procedure is completed and you have had something to eat. You may then return to your regular dose of diabetic medication.

Additional Information

- Please arrive 15-30 minutes before your scheduled procedure with your valid Ontario health card. Our staff needs to admit and prepare you for the procedure.
- **Due to the nature of the medication you will be receiving, you will be unable to drive for 24 hours. You MUST have someone accompany you in order to drive you home. You are legally impaired! Your driver must be available to pick you up at the time your procedure is complete. Your visit at the clinic is usually no longer than 90 minutes. Any form of public transportation is not permitted.**
- For non-English speaking patients, please bring an interpreter with you (we do have Cantonese and Mandarin speaking staff available).
- There is **NO additional charge** for your procedure or parking here at Markham Endoscopy. However, there is a \$150.00 fine for cancellations less than 48 hours prior to appointment time.

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