

<p>Mount Saint Joseph Floor Map — Ground Level</p>	<p><b>PROCEDURE LOCATION:</b></p> <p>Mount Saint Joseph Hospital Surgical Day Care Unit Ground Floor, 3080 Prince Edward St, Vancouver, BC Tel: 604-874-1141</p> <p>Enter the hospital via the Surgical Daycare Entrance</p> <p><b>START YOUR BOWEL PREPARATION 1 DAYS BEFORE THE PROCEDURE</b> (See the next page for details)</p>
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**What to bring to the hospital:**

- ❖ British Columbia Care Card and Picture ID
- ❖ Medications in their original containers
- ❖ Your glasses, hearing aid(s), NO contact lenses

**The night before the procedure:**

- ❖ Shower and wash your hair
- ❖ Remove all jewellery, watches, and body piercing(s) including tongue studs
- ❖ Remove make-up, nail polish, false eyelashes, wigs or hairpieces
- ❖ The hospital is NOT responsible for any valuable belongings

You **MUST** have an adult to take you home from the hospital after your procedure otherwise your procedure will be cancelled.

<p><b><u>Purchase at a Pharmacy</u></b></p> <p style="text-align: center;"><b>Bi-PegLyte Bowel Prep Kit</b></p> <p><b>Tip #1:</b> If you enjoy cool beverages, try refrigerating the mixture prior to drinking</p> <p><b>Tip #2:</b> Eating a low fiber diet for 3 days before the colonoscopy will make the cleansing easier and more complete (e.g. dairy, meat, eggs, white rice, white bread, congee, crackers). It is OK to avoid fruits and vegetables for 3 days prior to your colonoscopy.</p>	<p style="text-align: center;"><b><u>Colonoscopy APPOINTMENT TIME:</u></b></p> <p>The office will confirm a colonoscopy <b>date</b> about 2 months ahead of time. The office will call you with your colonoscopy appointment <b>time</b> 1-2 days prior to your scheduled colonoscopy. Write the information below:</p> <p>My Colonoscopy Day: _____</p> <p>My Colonoscopy Time: _____</p>
<p style="text-align: center;"><b>STEP 1</b></p> <p style="text-align: center;"><b>1 Day Before the Colonoscopy</b></p> <p style="text-align: center;">Date: _____</p> <ol style="list-style-type: none"> <li>1. All day <b>Clear Fluid Diet Only</b> (see below)</li> <li>2. Take 3 Bisacodyl tablets at <b>12 noon</b></li> <li>3. Take first 1 Liter Bi-PegLyte Mixture at <b>6 PM</b> (within 1 hour)</li> <li>4. Liberally drink an additional 1 Liter of Clear Fluids after drinking the mixture</li> </ol>	<p style="text-align: center;"><b>STEP 2</b></p> <p style="text-align: center;"><b>Day of Colonoscopy</b></p> <p style="text-align: center;">Date: _____</p> <ol style="list-style-type: none"> <li>1. Take second 1 Liter Bi-PegLyte Mixture (within 1 hour) <b>4 hours before</b> your colonoscopy appointment at:   <div style="text-align: center;">_____ AM (write this in when we call you)</div> </li> <li>2. Liberally drink an additional 1 Liter of Clear Fluids after drinking the mixture</li> </ol>

**Blood Thinners (Anticoagulation):**

1. Baby Aspirin (81 mg): You may continue taking Baby Aspirin (81 mg) normally
2. If you are on other blood thinners (e.g. Clopidodrel, Warfarin, Rivaroxiban, Apixaban, Dabigatran, etc.) please inform Dr. Tsang's Office

**Diabetes:**

1. Do not take your morning diabetes medications on the day of your procedure
2. In addition to Clear Fluids you are allowed to drink Regular ENSURE at mealtime

**Blood Pressure and other Pills:**

1. Take ALL regular blood pressure and other medication(s) at their regular time with a sip of water.

<p style="text-align: center;"><u>CLEAR FLUID DIET</u></p> <p>Water, Clear Sports Drinks (Gatorade / Powerade), Light Coffee or Tea (no milk), Clear Juice or Pop (e.g. Apple Juice or Ginger-Ale), avoid red colored beverages</p> <p style="text-align: center;">It is DANGEROUS to drink only water. Drink a VARIETY of CLEAR FLUIDS</p>	<p style="text-align: center;"><u>Final Advice:</u></p> <p style="text-align: center;">Please liberally drink clear fluids up to 2 hours before your colonoscopy time to prevent dehydration</p>
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# Understanding Your Colonoscopy Procedure

## What is a colonoscopy?

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A colonoscopy is a procedure that allows a doctor to examine the lining of your colon (large intestine) for ulcers, inflammation, polyps (small growths, usually benign[non-cancerous]) or cancer. It is often used to investigate symptoms such as abdominal pain, rectal bleeding, weight loss or changes in bowel habits. A long flexible tube with a video camera is passed through the anus into the rectum and around the colon. The image of the lining of your colon is shown on a TV monitor in the same room so the doctor can look for: causes of bleeding, polyps, any abnormalities or inflammation (for IBD patients). If polyps are found, they are usually removed during this procedure. Very small tissue samples (biopsies) can be taken during the procedure if necessary.

## Preparation

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In order for your doctor to see the colon lining clearly, your colon must be completely empty. To prepare for the procedure you will have to take a powerful laxative to clean the colon, as explained on the other side of this sheet.

Before undergoing the procedure, tell your doctor or medical assistants if you have any medical conditions such as heart or lung disease, allergies, or if you have been told to take antibiotics before other procedures, or other medical condition that may need special attention.

**You must arrange for someone to take you to and from the appointment, as you will be drowsy following the procedure. Do not drive or operate machinery for the remainder of the day, even if you feel ok, as you are considered legally impaired.**

## What should you expect?

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You must register at the hospital/clinic before your test. You will change into a hospital gown. Then a nurse will ask you a few questions, give you a consent form to sign and take your blood pressure and pulse. An intravenous line may also be set up. Many patients are uneasy about the procedure, so medications can be given through the intravenous to help you relax. You will not be asleep (like during surgery) but so relaxed that you might not remember the procedure.

It may be necessary for the doctor to add air into your colon to help with the examination. This may cause abdominal pressure or cramping, which will pass after your exam is finished.

You will then be in the recovery area until the effects of the intravenous medication wear off.

## What are the risks?

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A colonoscopy is a safe procedure and has very low risk when performed by physicians who have been specially trained. However, possible complications are:

- Perforation (a tear) in the colon wall after the colonoscopy - about 1 in 1,500, or following removal of a polyp - about 1 in 500. It may require surgery to repair or be managed with antibiotics and intravenous fluids.
- Bleeding following a colonoscopy - about 1 in 2,000, following removal of a polyp - about 1 in 500.
- Allergic reactions to the intravenous medications (including rash, fever or breathing problems).
- A tender lump where the intravenous is placed in your arm may develop which may stay for up to several months but goes away. Apply heat packs or hot, moist towels to relieve the discomfort.
- Heart problems, or a stroke can occur in a patient with underlying medical problems, but are very rare.
- No test in medicine is perfect: rarely polyps and cancers are missed (2-6% missrate)<sup>1</sup>.

**If you have any severe abdominal pain, fever or chills, or passage of red blood or black stools, or any other unusual symptoms, you must call your physician or go to the Emergency Department of your nearest hospital immediately.**