

PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY

MEDICATIONS TO DISCONTINUE:

- **Iron medications** – stop at least **10** days prior to the procedure
- **Aspirin** – stop at least **7** days prior to your procedure, after consulting with your physician
- **Coumadin (Warfarin) or Xarelto (Rivaroxaban)** – you may need to temporarily discontinue these medications. Please discuss this with your prescribing physician well in advance of the procedure
- **Insulin or pills for Diabetes** – please discuss with your family physician prior to the test
- If you have an abnormal heart valve, prosthetics heart valve or other conditions where you have been told to take antibiotics prior to dental procedures, please advise us immediately.

1. TWO WEEKS PRIOR to your procedure:

- Call the clinic at 647-812-2113 to confirm your procedure
- Complete the Pre-Anesthesia Questionnaire and submit to the clinic via email (reception@tidhi.ca) or fax (**647-812-2114**)
- Purchase the following bowel prep materials over-the-counter at your local pharmacy:
 - (1) box of **Pico-Salax** (contains two sachets)
 - (1) box of **Dulcolax 5mg** tablets

2. ONE WEEK PRIOR to your procedure:

- STOP eating whole grains, nuts, seeds, dried fruit, or raw fruits/vegetables

3. ONE DAY PRIOR to your procedure:

- You must be on **clear fluids ALL DAY**
 - DO NOT DRINK OR EAT any solid or milk dairy products
 - DO NOT DRINK any fluids with red or purple colour.
 - **Clear fluids include:** soft drinks (sprite, 7-UP, Ginger Ale), clear broth, fruit juices (without pulp), water, tea or coffee (without milk or cream), jell-o, ice popsicles
- **At 2:00pm:** Take **two Dulcolax tablets** with water
- **At 4:00pm:** Take **first dose of Pico-Salax**
 - Empty the contents of 1 sachet of Pico-Salax into a cup. Add 150 mL of cold water and stir frequently for 2 -3 minutes. Sometimes the reaction of mixing PICO-SALAX and cold water will cause the solution to become hot. It becomes hot, wait until it cools sufficiently to drink.
 - Drink an additional 1 litre (as tolerated) of clear fluids after finishing the first sachet
- **At 8:00pm:** Take **second dose of Pico-Salax** (same instructions as first dose)
 - Drink an additional 1 litre (as tolerated) of clear fluids after finishing the second sachet

4. DAY OF PROCEDURE:

- **At 12:00am: BEGIN FASTING – NOTHING TO EAT, DRINK OR SMOKE THE DAY OF THE PROCEDURE**
- Take all of your usual medications (except those listed on page 1) with small sips of water.

IMPORTANT INFORMATION

- If you have sleep apnea plan to bring your CPAP machine to the procedure
- Continue any blood pressure medication as usual
- If you missed any of the steps on the previous page, PLEASE STILL COME IN FOR THE PROCEDURE
- DO NOT BRING ANY VALUABLES JEWELLERY OR WEAR MAKE UP
- You will be sedated during the procedure. Therefore, **YOU MUST BE ACCOMPANIED BY SOMEONE WHEN YOU LEAVE.** If you do not have someone to accompany you, your procedure will be cancelled.

WHEN YOU ARRIVE

- The Toronto Immune and Digestive Health Institute is located in the Lawrence-Allen Centre at (700 Lawrence Avenue West). There is free, unlimited parking and adjacent TTC/Subway access (Lawrence West Station).
- Please enter through the East Tower entrance, which is accessible from the parking lot on the south side of the mall facing Lawrence Avenue. The East Tower entrance can be found between Booster Juice and the Foot Institute.
- Once inside, take the elevators up to the 3rd floor – Suite 360.
- Unfortunately due to COVID restrictions, your escort cannot accompany you inside the clinic. Your escort can visit the retail shops at the Lawrence-Allen Centre, which provides immediate access to food, shopping and other amenities. Your escort will be informed when you are ready to be picked up.