

Dr. Mark Atin

700 Lawrence Av W 3rd Floor Suite 360

(Enter through the East Tower Entrance, located between Booster Juice and the Foot Institute)

Phone: 647-812-2113

Email: reception@tidhi.ca

Patient:

Date of Procedure:

Arrival Time:

Please bring to your appointment: a mask and a bag to put your clothes in.

*** Please read these directions 5 days before procedure. ***

To cancel or reschedule your appointment we require 5 business days.

To respect patients waiting for endoscopic procedures, it is imperative that you contact this office (416) 964-3457 FIVE business days prior to your scheduled procedures if you are not able to attend the appointment, otherwise you will be charged a fee, which OHIP does not cover.

- You **MUST arrange for someone to pick you up after the procedure.** You cannot leave the clinic in a TAXI or by TTC alone after the procedure.
- **If you are taking any blood thinning medications** such as aspirin/baby aspirin, plavix, coumadin, as well as oral iron. **You should consult your doctor before you stop taking the above listed medication 5 days prior to the procedure.**
- The procedure usually lasts 20 to 40 minutes. However, you will be at Kensington Screening Clinic for approximately 2 hours with IV preparation and sedation (not a general anesthetic).

COLONOSCOPY INSTRUCTIONS

DIETARY RESTRICTIONS

3 days before the procedure

- **DO NOT eat any food containing seeds or nuts** (examples: kiwi, raspberries, strawberries, poppy seeds, flax, sesame, tomatoes, etc.). Regular cereal and whole wheat breads are okay.
- **DO NOT eat any high fiber food** (examples: sweet corn, broccoli, beans, pears, snow peas).

The day before the procedure

- You may have a **Normal Breakfast**.
- **For Lunch** you can have (until 3pm): **white rice, white pasta, white bread, chicken, white potatoes without the skin, white fish**.
- **The rest of the day** you can have (until midnight): water, tea, apple juice, white cranapple, jello, gatorade, ginger ale, broth, and ensure (vanilla) meal replacement). **(DO NOT have red or grape colored jello or gatorade)**.

TIMETABLE FOR TAKING PEG LYTE BOWEL PREPARATION

- Obtain **Peglyte** (either a 4-litre jug or a box of 4 sachets) at your local pharmacy (do not substitute).

The day before the procedure

At 6:00pm dissolve 2 packets of the PEGLYTE solution in 2 Litres of luke warm water, or, if you have the 4 litre Peglyte jug, fill completely with water, shake thoroughly and Refrigerate to cool solution. Drink two litres of the PEGLYTE water solution until you have consumed the whole thing. Drink an 8oz glass rapidly, every 10- 15 minutes. Important: Continue to drink clear fluids after drinking the PEGLYTE solution (Do not drink just water).

The day of the procedure

4-5 hours before your procedure, dissolve 2 packets of the PEGLYTE solution 2 Litres of luke warm water or, if you have the 4 litre Peglyte jug, you will have 2 litres left in fridge. Refrigerate to cool solution. Drink two litres of the PEGLYTE water solution until you have consumed the whole thing. Drink an 8oz glass rapidly, every 10 – 15 minutes.

You must finish drinking all liquids at least 2 hours before your procedure.

- You may experience abdominal bloating, cramping and occasional nausea (Gravol may be taken) If this occurs, drink the solution more slowly.
- You can take your High Blood Pressure medication the day of the appointment as long as you take it at least 2 hours prior to your procedure. No other medication unless authorized by the doctor.
- You can have water, black coffee (no cream or milk), tea or Gatorade up until 2 hours prior to your procedure.

Questions Or Concerns:

Contact our office (416) 964-3457 during business hours if you have any further questions or concerns regarding the prep.

- Drink lots of clear fluids the day before the procedure
- You **MUST** have someone to drive or accompany you home (**You CANNOT leave the clinic in a TAXI by yourself after the procedure**)
- **Bring your Health Card**
- Leave all valuables at home, we will not be responsible for them

A colonoscopy is an examination of the rectum and large bowel. A colonoscope is a long, thin, flexible tube with a light that allows for direct visualization of your entire large bowel (colon). During the procedure you may have some cramping as air is added to the colon to facilitate examination. To minimize discomfort, we administer intravenous sedation.

After The Procedure:

- After the procedure, you will be taken to the recovery room. Recovery time varies with each patient – approximately ranging from 30 – 60 minutes. Once you are ready, you may leave.
- We suggest a light diet for the remainder of the day.
- **DO NOT** drive, operate machinery or drink alcoholic beverages for 24 hours after the procedure.
- The results will be explained at the end of the procedure, but since you will be drowsy, you may not remember what you have been told. A **Post Procedure Form** will be given to you.
- We suggest you go home and rest the remainder of the day and avoid strenuous activity.

What are the risks and / or complications of Colonoscopy?

The colonoscopy is associated with the following recognized complications:

1. Perforation or hole created in the bowel as result of the colonoscopy technique or following removal of polyp that may require surgery (risk about 1: 5000-10000);
2. Bleeding from a site in the bowel where a polyp has been removed that may not be controlled by certain endoscopic technique and which may require surgery (1:500);
3. Inadvertent overlooking of a polyp or tumor that is hidden behind a fold in the bowel (3 to 5 chances in 100).

These risk factors will be reviewed with you again prior to the procedure along with alternatives to colonoscopy, which may include barium enema and CT scan. Should you have any questions regarding this matter please do not hesitate to contact us for further discussion. Also, please be advised, that you may withdraw your consent form and willingness to have the procedure up to the procedure time itself. However, failure to inform us about your intention to cancel the procedure 48 hours prior to the scheduled time, or failure to show up for the procedure would be viewed as being most unfair to those patients who are waiting considerable lengths of time to have their own colonoscopy scheduled. I am hopeful that this information provides you with a fair and confidential approach to this very important issue.