

PETER STOTLAND, MD FRCSC  
NORTH YORK GENERAL HOSPITAL  
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***\*NYGH is going Green. Please bring one or two re-useable bags for your clothes + shoes. Also bring a re-useable cup or thermos for water after your procedure.***

PATIENT NAME: \_\_\_\_\_ PROCEDURE DATE: \_\_\_\_\_ REPORT TIME: \_\_\_\_\_

**You MUST arrange for someone to drive you home or be with you in a TAXI or an UBER as you are given sedation and will NOT be fit to drive yourself**

**PREPARATION FOR COLONOSCOPY (Please read thoroughly)**

PLEASE BUY THE FOLLOWING FROM YOUR PHARMACY (no prescription needed):

- 1 **Peglyte** Bowel Cleansing Preparation
- 3 **Dulcolax(Bisacodyl)** tablets

FOLLOW THESE INSTRUCTIONS ONLY – NOT THE ONES ON THE PEGLYTE BOTTLE.

If you take blood thinners, such as Coumadin, stop 5 days before your procedure. If you take Plavix, stop 5 days prior to your colonoscopy. If you are not sure please call the office at least 1 week prior to your appointment. . It is also advisable to stop any foods that have small seeds (ie tomatoes, strawberries etc).

**THE DAY BEFORE YOUR COLONOSCOPY:** \_\_\_\_\_

**NO SOLID FOOD OF ANY KIND.**

From the moment you wake up today, no solid food at all. Drink clear fluids all day (eg., water, clear fruit drinks like apple juice or WHITE grape juice, sprite, gingerale, tea, coffee (NO milk or cream), clear chicken broth, clear beef broth, consommé, Gatorade – but NOTHING RED or PURPLE). **MAKE SURE TO DRINK PLENTY OF CLEAR FLUIDS THROUGHOUT THE DAY.**

**2PM:**

- Take the three bisacodyl tablets with water.
- At this time, mix up the Peglyte solution. Fill the jug up to the “Fill Line” with water. Shake and mix this thoroughly. Put the Peglyte solution in the fridge to chill. DO NOT DRINK THIS YET.

**8PM:**

- Drink two litres (1/2 of the jug) of the Peglyte solution - drink a glassful every 10-15 minutes, until the entire two litres are finished. It is a good idea to follow this with 3 or 4 glasses of clear fluids. You may drink clear fluids the rest of the evening.

**THE DAY OF YOUR COLONOSCOPY:** \_\_\_\_\_

**NO SOLID FOOD OF ANY KIND.** You may drink clear fluids up until you have finished the last two litres of the Peglyte solution which must be completed by 7 AM. After that, nothing more to drink until after your procedure. Take your usual medications (if prescribed) with a sip of clear fluid.

**4-5 hours before your appointment starting at 5 AM:**

Start drinking the remaining 2 Litres of Peglyte solution. Drink a glassful every 10-15 minutes, until the remaining two litres are finished. You may drink clear fluids at the same time. You need to finish drinking the solution by 7 AM in order for your prep to be complete.

**REPORT TO:** ADMITTING DEPARTMENT, NORTH YORK GENERAL HOSPITAL, 4001 Leslie St., Toronto, 1st floor. Then proceed to the 1<sup>st</sup> floor, Day Surgery & Endoscopy Suites.

**ON:** \_\_\_\_\_

Be prepared to be at the hospital/clinic for 3 to 4 hours after you arrive. You MUST arrange for someone to drive you home as you are given sedation and will NOT be fit to drive yourself. You may drive the day following the test.

PLEASE NOTE: A FEE OF \$200 WILL BE CHARGED FOR MISSED APPOINTMENTS. IF CANCELLING, 3 WORKING DAYS NOTICE MUST BE GIVEN.