

PETER STOTLAND, MD FRCSC  
NORTH YORK GENERAL HOSPITAL  
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**\*NYGH has gone green – please bring 1 or 2 recycled bags for your clothing/shoes and a recycled cup for water after 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.**

**11am**

- Take the three bisacodyl tablets with water.
- At this time, put the Peglyte solution in the fridge to chill. DO NOT DRINK THIS YET.

**5pm**

- Drink two litres 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

**8pm**

- Drink remaining two litres of the Peglyte solution - drink a glassful every 10-15 minutes, until the entire two litres is finished. It is a good idea to follow this with 3 or 4 glasses of clear. You may drink clear fluids up until midnight.

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

**NO SOLID FOOD OF ANY KIND.** Take your usual medications (if prescribed) with a sip of clear fluid. **MAKE SURE TO DRINK PLENTY OF FLUIDS THROUGHOUT THE REMAINDER OF THE DAY** after your procedure.

**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.