

PLEASE CALL (306) 766-6943 UPON RECEIPT OF THIS NOTICE. Call to confirm, rebook or cancel this procedure at least 3 days prior as we have extremely long wait lists for these tests. Also, please let us know if you have had a colonoscopy done within the last two years by a different physician.

_____: You have been booked for a **COLONOSCOPY** with:

Dr. _____ DATE: _____ ADMISSION TIME: _____

Please report to the Admitting Department (14th or 15th Ave. Entrance) at the Regina General Hospital 1440 14th Ave., Regina, SK and then to the Endoscopy Unit. Your procedure will be done approximately one hour after your admission time.

COLONOSCOPY INSTRUCTIONS using LOW RESIDUE DIET and PICO-SALAX ORAL LAXATIVE containing 2 packets (to be purchased at a pharmacy at least 1 week prior to your procedure – you do not need a prescription).

If you are taking Warfarin or an 81 mg Aspirin, please continue as usual. **IF YOU ARE ON A BLOOD THINNER OTHER THAN WARFARIN OR ASPIRIN, PLEASE CALL OUR OFFICE AT 306 766-6943 FOR INSTRUCTION******

- 1. IF YOU HAVE A PACEMAKER OR ICD, please call the office and notify us as soon as you receive this notice.**
- 2. STOP ANY IRON SUPPLEMENTS at least 3 days prior to your colonoscopy.**
- 3. STARTING 2 DAYS PRIOR TO YOUR COLONOSCOPY: Follow the low residue diet (see page 2) and drink plenty of fluids. Have no alcoholic beverages for 24 hours before the procedure.**
- 4. PICO-SALAX LAXATIVE INSTRUCTIONS: Please follow the instructions listed below NOT the instructions inside the box. If you get nauseous with this laxative, you can take Gravol if necessary. If you anticipate being sensitive to it ahead of time, you can take the Gravol 30 minutes before taking the laxative.**

FIRST SACHET: Take at 6 pm the evening before your procedure. Fill a mug with 150 ml of cold water, empty contents of one sachet into the mug, and stir for 2-3 minutes until completely dissolved (mixture may heat up – if this happens, allow to cool before drinking). Drink mixture and then drink 1.5-2 litres of a variety of clear fluids and drink over two hours. Do not just have water alone. Examples of clear fluids are water, sport drinks, fruit juice with no pulp, decaffeinated coffee or tea, 7-up and clear soup broth. You can continue to have low residue foods until midnight.

AFTER MIDNIGHT THE NIGHT BEFORE YOUR COLONOSCOPY: Have nothing more to eat. You can have clear fluids only (as well as the bowel prep that you will be taking in the morning) up until **1 hour prior to your admission time. Have nothing by mouth 1 hour prior to your admission time.**

SECOND SACHET: Take it the morning of your procedure, a minimum of 3 hours prior to leaving home so the laxative has time to work before you leave. Follow the same directions as above for the first sachet.

- 5. If you have diabetes, DO NOT take your insulin or diabetic medication the morning of your procedure, test your blood sugar, record the result to give it to the nurse in Endoscopy. If you need help in managing your diabetes, please contact your family doctor or MEDEC at (306) 766-4540.**
- 6. Continue on your regular medications and you can take them the morning of your procedure (see above regarding blood thinners & diabetic medications). Please bring a list of all the medications you are on to the hospital. (Including prescriptions, vitamins, herbs, and over the counter medications).**

7. **If you have sleep apnea and use a CPAP**, bring your machine with you to the hospital.
8. You will be at the Regina General Hospital for approximately three to four hours.
9. You will need to arrange to have someone pick you up following the procedure as you will be given medication that will make you legally impaired to drive for 24 hours.
10. **Do not** wear any jewelry, this includes body piercings. Please leave all jewelry and valuables at home.
11. The Endoscopy Unit is a scent free environment, please **DO NOT** wear any fragrances.

LOW RESIDUE DIET

Please follow this diet for **two days** prior to your colonoscopy. Remember to drink plenty of fluids as well. Do the best you can, this is a guideline only. You want to choose foods that are soft, easy to digest, and have little or no dietary fiber.

Foods to include (Low fiber/residue foods)

- White bread, buns, bagels, English muffins
- White rice, refined pasta and noodles (not the whole wheat variety)
- Plain cereals e.g. Cheerios, Cornflakes, Cream of Wheat, Rice Krispies, Special K
- Arrowroot cookies, tea biscuits, soda crackers
- Fresh fruits without peels or seeds (i.e. banana, peeled apple, peach, pear)
- Tender, ground, and well cooked meat, fish, eggs, and poultry
- Milk and yogurt (limit to 2 cups), soft mild cheese, ricotta, cottage cheese
- Butter, mayonnaise, vegetable oils, margarine, plain gravies and dressings
- Pulp free, strained, or clear juices
- Soup broth

Foods to avoid

- All vegetables, raw or cooked, including onions, lettuce or other leaves
- Whole grain breads and pastas, corn bread or muffins, products made with whole grain products, or bran
- Strong cheeses, yogurt containing fruit skins or seeds
- Tough meat, meat with gristle
- Crunchy peanut butter
- Millet, buckwheat, flax, oatmeal
- Dried beans, peas, and legumes
- Dried fruits, berries, other fruits with skin or seeds
- Chocolate
- Food containing coconut
- Juices with pulp
- Highly spiced food and dressings, pepper, hot sauces
- Caffeine
- Popcorn
- Nuts, seeds, flax, kiwi