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You have been scheduled for a COLONOSCOPY on _____

CHECK-IN TIME: _____ PROCEDURE TIME: _____

Please go to: Patient Registration, Ground Floor, Tranquility Garden Entrance
St. Joseph's Health Centre, 30 The Queensway
For questions or directions, visit www.stjoe.on.ca or call 416-530-6156.

Please Bring:

1. A responsible adult to escort you home, OR ELSE YOUR PROCEDURE WILL BE CANCELLED. You will NOT be allowed to drive or work for the rest of that day.
2. Ontario Health Card

Cancellation Fees: \$250 if less than 48 hours notice
\$25 if less than 2 weeks notice

Preparation Instructions:

1. **Medications:** Continue all medications, including the day of the test, except for:
 - a. Coumadin – hold for 3 days
 - b. Aspirin – hold for 7 days
 - c. Plavix – hold for 7 days } - you MUST confirm with your GP or cardiologist if it is OK for you to stop these medications
 - d. Insulin – if short-acting, hold morning dose
– if 30/70 or long-acting, take half morning dose
 - e. Glyburide – hold morning dose
 - f. Iron Supplements – hold for 7 days
2. **Purchase:** **1 Box of PICO-SALAX** (contains 2 packets) **and 1 Bottle of Mag Citrate** from *any* pharmacy. You do NOT need a prescription for them.

One Day Before The Colonoscopy:

3. You are **ONLY** allowed to eat or drink the following clear fluids: coffee and tea (NO milk or cream), clear soup (no noodles or solid contents), clear juices (apple, white grape, white cranberry), Gatorade, ginger ale, jello (except red). **NO** dairy products. Ignore the diet directions that come with the Pico-Salax box. **Please Do Not Eat Any Solid Food.**
4. Drink **3 litres of clear fluids** throughout the day. The more you drink, the better it works.
5. **10AM** – Mix the **1st Packet of Pico-Salax** with 1 glass of cold water and drink.
6. **4PM** – Mix the **2nd Packet of Pico-Salax** with 1 glass of cold water and drink.
7. **8PM** – Drink the **Bottle of Mag Citrate.**
8. Have nothing to eat or drink after midnight, except for your medications in the morning with a few sips of water.