

**Duncan Rozario M.D., FRCSC, FACS**  
**General Surgery, [www.drrozario.com](http://www.drrozario.com)**

---

North Oakville Medical Centre, 3075 Hospital Gate #216, Oakville, ON L6M 1M1  
Ph. 905-845-3614 Fax: 905-845-4310      [www.drrozario.com](http://www.drrozario.com)

**NAME** \_\_\_\_\_ **Arrival Time 0700, 0715, 0745, 0815, 0845, 0915**

**DATE** \_\_\_\_\_

**INSTRUCTIONS FOR COLONOSCOPIC EXAM USING PICO-SALAX**

Report to the **Ambulatory Procedures Unit, 2<sup>nd</sup> Floor** at the **Oakville Trafalgar Memorial Hospital, 3001 Hospital Gate, Oakville, L6M 0L8** on the day of your procedure. Please make arrangements to have someone drive you home after this procedure as you will have had sedation. You will not be allowed to drive yourself home, or take a taxi.

**PURPOSE** - A colonoscope is a long flexible tube that is about the thickness of a finger. It is inserted through the rectum in the large intestine (colon) and allows the doctor to carefully examine the lining of the colon. Through the colonoscope, the doctor can take a biopsy (a small piece of tissue) and remove polyps for examination in the laboratory. You will be given sedation for the procedure. Colonoscopy and polypectomy are safe and are associated with relatively low risk when performed by physicians who have been specially trained and are experienced in these endoscopic procedures. One possible complication is perforation in which a tear through the wall of the bowel may allow leakage of intestinal fluids. This complication usually requires surgery but may be managed with antibiotics and intravenous fluids in selected cases. Bleeding may occur from the site of the biopsy or polyp removal. It is usually minor and stops on its own or can be controlled by cauterization (application of electrical current) through the colonoscope. Rarely, transfusions or surgery may be required.

**HOW TO PREPARE**

Patients should **STOP BLOOD THINNERS LIKE ASPIRIN, ASA, TICLID OR COUMADIN 7 DAYS BEFORE THE PROCEDURE**- consult your doctor. Continue all other regular medications.

**Diabetic patient should consult their family physician.** Avoid seeds and grains like sunflower seeds for 3 days before the procedure as well all fibre laxatives like metamucil

**Purchase one box (which has 2 packets) of PICO-SALAX and 4 tablets of DULCOLAX from any pharmacy.**

**ON THE DAY BEFORE YOUR PROCEDURE:** You should remain on a clear fluid diet for the **full day** until your procedure is over. (Clear fluids include apple juice, black coffee/tea without milk, clear soups and broths, beef or chicken cubes, sprite, ginger ale, lightly coloured sports drinks, light colours of Jello- no red, purple, green or dark coloured fluids) **AT 5:00 P.M. DRINK ONE PACKET OF PICO-SALAX** well mixed in a glass of cold water and drink it. Then take 2 tablets of **DULCOLAX**. Wait for ½ an hour and then drink at least 8 glasses of water over the next two to three hours. This preparation will give you diarrhea as the intention is to clear out your bowels for the examination.

**ON THE DAY OF YOUR PROCEDURE** at **4:30 a.m. or earlier** mix the other packet of **PICO-SALAX** into a glass of cold water and drink it. Then take the other 2 **DULCOLAX**. Drink at least 4 glasses of water after this. Remember to remain on a clear fluid diet until your procedure is over. **Stop drinking at 6:00 a.m.**

The preparation, procedure and recover will take about 1.5 - 2 hours. The actual examination can take up to 45 minutes.

Following the procedure you will be taken to a recovery area for approximately 1 hour.

After the procedure you may resume your usual diet and activity. No driving for 24 hours after the procedure.

The results of your biopsies (if taken) will be available in approximately 14 days. **PLEASE NOTE THAT THERE IS There is a SIGNIFICANT WAITING LIST FOR THIS PROCEDURE. IF YOU CANNOT KEEP THIS APPOINTMENT, PLEASE INFORM OUR OFFICE AS SOON AS POSSIBLE (905-845-3614)**

**A follow up visits for test results is the patient's responsibility to book with the office.**

# DISCHARGE INSTRUCTIONS FOR POST GI PROCEDURES

**\*You MUST have a responsible adult drive or accompany you home\***

**\*you may NOT go home by taxi or uber without an adult accompaniment\***

- **\*\*\*YOU ARE CONSIDERED IMPAIRED AFTER YOU RECEIVE SEDATION\*\*\*\*\***
- **IF YOUR RIDE IS STAYING IN HOSPITAL:**
  - Park in the garage (P6) level 1 or 2
  - There is a ramp to the hospital on Level 1 or 2
  - Register in APU – GI in 2 west
  - When you are discharged home, your ride will assist you out to the car via wheelchair
- **IF YOUR RIDE IS DROPPING YOU OFF AND PICKING YOU UP:**
  - Drop off at West Entrance
  - Take the Centre elevators to 2<sup>nd</sup> floor and walk towards the G on the wall for registration.
  - Register in APU – GI which is 2-west
  - After the procedure the staff will call your ride
    - Ride will park in the roundabout at the West Entrance, at the designated time
    - Ride is to call staff and inform them that they have arrived at the west entrance
    - Call: 905-845-2571 extension: 6751 and inform staff that you have arrived
    - Patient will be transported via wheelchair to the west entrance to meet you at the car
    - Due to staffing challenges, there may be a delay in transporting patients down to meet their rides.

Cut and give information below to your designated driver \_\_\_\_\_



## INFORMATION FOR RIDE/PICK UP

- After the procedure the staff will call your ride with pick up time
  - Ride will park in the roundabout at the West Entrance, at the designated time
  - Ride is to call staff (in GI) and inform them that they have arrived at the west entrance
  - Call: 905-845-2571 extension: 6751 and inform staff that you have arrived
  - Patient will be transported (via wheelchair) to the west entrance to meet you at the car
  - Due to staffing challenges, there may be a delay in transporting patients down to meet their rides.