



ENDOVISION

A private clinic specializing in colonoscopy and gastroscopy



Preparation for Colonoscopy

Preparation instructions for a colonoscopy can vary depending on your health and other special considerations. If you are unsure as to which procedure is right for you, consult your doctor or call us for more information.

No Health Problems

7 DAYS PRIOR TO THE PROCEDURE

- Go to the pharmacy and purchase the following over-the-counter medications:
 - **1 bottle of MAGNESIUM CITRATE**
 - **1 box of [PICO-SALAX](#) or [PURG-ODAN](#)** (contains 2 sachets)
- Stop taking the following over-the-counter medications: IRON, VITAMIN E, GINKO, GINGER and GARLIC

5 DAYS PRIOR TO THE PROCEDURE

- Stop taking PLAVIX, TICLID, AGGRENOX. You must check with the prescribing physician to obtain permission to stop these medications prior to the procedure.

4 DAYS PRIOR TO THE PROCEDURE

- Stop taking COUMADIN

2 DAYS PRIOR TO THE PROCEDURE

- Stop NSAIDS (Motrin, Advil, Celebrex)
- Stop taking fiber supplements (Metamucil, Fibersure), flaxseeds, fruits with seeds (kiwi), nuts, popcorn, and seeds

DAY BEFORE THE PROCEDURE

- **Stop taking Pradaxa, Eliquis or Xarelto** or any other anticoagulant medication. Please obtain permission to stop these drugs from your prescribing physician.
- **Your last solid meal is a light breakfast**
- Remain on a clear liquid diet (have a minimum of 2L of fluid) during the day of preparation
- No **red** or **purple** coloured fluids. The following are acceptable:
 - Juices (apple, white grape, white cranberry, orange and grapefruit without pulp)
 - Water
 - Soft drinks
 - Tea, coffee without milk or cream
 - Gatorade (**recommended**)
 - Clear soup/broth – no noodles or rice
 - Popsicles (not red/purple coloured)
 - Jello
- **First sachet at 2pm**
 - Empty contents of the first packet into a mug or large cup
 - Add 150 ml (5ozs) cold water and stir frequently for 2-3 minutes to dissolve the laxative (mixture may heat up)
 - Continue stirring as it cools, then drink the mixture
 - Drink 4 large glasses (250ml x4 or 8 ozs x4) of water/clear liquids within the next hour

- Continue to drink 1 large glass (250ml or 8 oz) of water/clear liquid every hour until bedtime. You may drink until 2 hours prior to the procedure
- You will have an urgency for bowel movements. This may take up to 5 hours to begin
- **Take the 2nd sachet at 7pm**, as directed above (keep drinking clear liquids to prevent dehydration)
 - Once bowel movements start, they will be watery. Your last bowel movement should be watery and clear.

DAY OF THE PROCEDURE

- **At 5am**, morning of the procedure take a **1/2 bottle of Magnesium Citrate**
- **Stop drinking fluids 2 hours before your procedure**
- Arrive 30 minutes before your appointment
- Do **not** take your high blood pressure medications
- Do **not** take your usual dose of INSULIN. Check with your primary care physician on ways to manage diabetes during your preparation for the procedure.
- You must be accompanied by a responsible adult who can take you home after your procedure. To ensure your safe discharge, your accompanying adult must escort you out of the Endovision premises. **There are no exceptions.** Failure to comply with this will result in our inability to perform the procedure under sedation, or we will not perform the procedure at all. If this is the case please reschedule your procedure for a time when you can fulfill this requirement.
- Please bring with you:
 - a list of your medications and allergies
 - If you have an ostomy, bring your supplies with you, should you need to change
 - Contact information for the responsible adult who will be taking you home
 - The name and fax number of your referring physician



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Monday - Friday: 8:00am - 4:30pm
Saturday - Sunday: Closed