



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.

Kidney or Cardiac Problems

7 DAYS PRIOR TO THE PROCEDURE

- Go to the pharmacy and purchase the following over-the-counter medication:
 - **1 box** of [Bi-Peglyte](#)
- 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
- Stop eating nuts and seeds (includes flaxseeds, fruits with seeds (kiwi) and popcorn)

2 DAYS PRIOR TO THE PROCEDURE

- Stop NSAIDS (Motrin, Advil, Celebrex)
- Stop taking fiber supplements (Metamucil, Fibernure)
- Your last solid meal is a light dinner

DAY BEFORE THE PROCEDURE

- 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:
 - Clear, pulp-free fruit juices (apple, white grape, white cranberry, lemonade)
 - Water
 - Ginger Ale, 7-Up, Sprite, Kool-Aid, iced tea
 - Tea, herbal tea, coffee without milk products/substitutes
 - Electrolyte Gastro, Gatorade, Powerade (**recommended**)
 - Clear soup/broth – no noodles or rice
 - Popsicles (not red/purple coloured)
 - Jell-O
- **At 12pm**, take 3 bisacodyl tablets (15mg) with water. Do not chew or crush.
 - Prepare the Bi-Peglyte solution as follows. Dissolve each sachet in 1 litre (32oz) of water and mix rapidly. No additional ingredients should be added to the solution (flavouring). Refrigerate the solution as chilling improves the taste. You are taking 2 litres or 64 oz of fluid.
- **At 6pm**, with or without bowel movement, begin to drink the Bi-Peglyte solution as follows.
 - 240ml or 8oz every 10 minutes until the 2 litres (64oz) are finished.
 - **You must consume all 2 litres of the solution.**

DAY OF THE PROCEDURE

- Do not drink coffee or black tea on the morning of your procedure
- Stop drinking fluids 4 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