



Extended Colonoscopy Instructions

Name of Patient: _____ DOB : _____

Your colonoscopy has been scheduled on _____ at _____
at Advance Endoscopy & Specialist Center located at

- 2227 South Millway, Suite 303, Mississauga, ON. L5L 3R6
- 688 Coxwell Avenue, Suite 206, Toronto, ON. M4C 3B7
- 222 King Street East, Suite 3100, Bowmanville, ON. L1C 1P6
- 786 Blackburn Mews, Kingston, ON. K7P 2N7

Please Arrive 30 min prior to your scheduled appointment

****Please note that we require a 3-business-day notice in order to cancel or reschedule an appointment. A \$150 fee will be applied for last minute cancellations and/or NO SHOWS.****

THE WEEK BEFORE YOUR PROCEDURE:

- Please inform our office if you are taking blood thinners, i.e. Plavix, Coumadin, Warfarin, Clopidogrel, Brilinta, etc. If you have not been advised about stopping this medication prior to the procedure, please call our office for instructions.
- Kindly inform our office if you are taking medical cannabis.
- You should avoid nuts and food products containing seeds for 5 days prior to your procedure.
- Please purchase 1 box (4 Sachets) or 1 jug of PegLyte, 1 sachet of Pico Salax and 4 Dulcolax (5mg) tablets at your drugstore.

THE DAY BEFORE YOUR PROCEDURE:

- You MUST remain on a CLEAR FLUID DIET until your procedure is completed. **NO SOLID FOOD AT ALL.** You may drink water, apple juice, white cranberry juice, Gatorade (not red or blue) and ginger ale. Clear broth soups can also be consumed. **Be sure to drink plenty of liquids throughout the day!**



- At 1 pm, take 4 Dulcolax tablets all at once.
- Between 3:00 pm and 9:00 pm, drink 4 liters of PegLyte. The box of Peglyte contains 4 sachets, dissolve the 1st sachet in 1 liter of clear drink or water and start drinking. Repeat this process for the 2nd, 3rd and 4th sachet. You may take Gravol if you experience nausea. If you
- have purchased the jug, add 4 liters of clear drink or water and start drinking. You should expect to have diarrhea like symptoms after drinking this liquid.

ON THE DAY OF YOUR PROCEDURE:

- Five hours before your appointment time, dissolve the sachet of Pico Salax in 1 glass of water and drink it. Follow it up with about 4 – 6 glasses of clear fluids within the next 2 hours.
- **STOP TAKING ANY FLUIDS 3 HOURS BEFORE YOUR APPOINTMENT. DO NOT CHEW GUM EITHER.**
- If you are diabetic, do not take your 1st diabetic medication the morning of the procedure. Take all other regular medications unless otherwise informed by the doctor.
- **DO NOT** consume recreational cannabis, alcohol, or any other recreational drugs 24 hours before the procedure.
- Please leave all your jewelry and valuables at home, Advance Endoscopy is not liable for any loss or damage to the same. Please bring your health card.
- You will **NOT** be able to drive after the procedure as you will be given sedation for a comfortable procedure. You **MUST** have a responsible adult to escort you home or if you choose to go by taxi or public transit, you must be accompanied. Your procedure will be **CANCELLED** if you do not have an appropriate arrangement.
- Please be advised that your stay at our facility could take up to 2 hours. We make all efforts to be able to complete the procedure in a timely manner but due to unexpected procedure complications there could be a delay. We appreciate your understanding and patience in this regard

**** Please inform us ASAP if you have a family history of malignant hyperthermia ****