

ONCE YOU HAVE BEEN GIVEN YOUR PROCEDURE DATE

- Fill the prescription for **PICO-SALAX** at the pharmacy as soon as possible to prepare for your colonoscopy.
- Ensure you arrange for someone to bring you to and from the hospital on your procedure date.

THE DAY BEFORE - PREPARING FOR YOUR COLONOSCOPY

The OR Booking Clerk will call and provide you with your procedure time and the time you are expected to register at the Admitting Department.

NO SOLID FOOD: Starting the morning before your surgery drink clear fluids **ONLY**. This is important so that your bowel can be viewed clearly during the procedure.

Clear fluids include:

- water, black tea and coffee (NO MILK/CREAM),
- apple juice, cranberry juice, Gatorade, ginger ale,
- clear soup broth and jello,
- NO red food dye.
- **DO NOT drink or eat anything after midnight** the night before the procedure. Absolutely nothing by mouth including medications unless otherwise instructed by the Nurse or Anaesthetist.
- Shower or bathe the evening before and the morning of your procedure.
- **DO NOT** wear any jewelry, makeup, deodorant, nail polish or perfume/cologne.
- **DO NOT** bring a housecoat or slippers, these will be provided by the Hospital.

DO NOT follow the instructions on the package of PICO-SALAX.

PLEASE follow these instructions:

- Add 150ml (5oz.) of cold water, stir the mixture until dissolved.
- Take the **FIRST** package at 10:00 A.M.
- Take the **SECOND** package at 6:00 P.M.
- Drink 250ml (8 oz.) of water or any clear fluid at least every hour while you are taking this cleansing medication.

TAKING YOUR MEDICATION(S)

- **TAKE** your regular medication(s) on the day(s) before your procedure, **UNLESS** instructed otherwise by the Nurse or Anaesthetist.
- The morning of the procedure **DO NOT** take any of your regular medication(s) **UNLESS** instructed otherwise by the Nurse or Anaesthetist.

THE DAY OF YOUR COLONOSCOPY

Please review: General Surgery Information Sheet

PREPARING FOR YOUR PROCEDURE

The Nurse assigned to your care will prepare you for your surgery.

You will:

- change into a hospital gown,
- have an IV inserted,
- have your height, weight and vital signs taken,
- have additional blood tests done if required.

WHEN IT IS TIME FOR YOUR PROCEDURE

- A Nurse will escort you to the Operating Room.
- You will speak with your Surgeon, Anaesthetist and Operating Room staff and have an opportunity to ask questions prior to your procedure.

WHAT TO EXPECT AFTER THE PROCEDURE?

- You will be taken to the recovery room where a Nurse will monitor your vital signs and ensure you are recovering.
- Once you are fully awake from the anaesthetic, you are then ready to return to your room. You will be taken by stretcher to the Day Surgery unit where you will be monitored and provided something to drink.
- You will have gas in your bowels and are encouraged to continue to pass this.
- Resume your normal diet unless otherwise instructed.
- Once you are ready to leave, the Nurse will provide you with discharge instructions and provide any follow up appointments as required.
- Ask questions and ensure you understand your discharge instructions.
- Have a friend or family member drive you home following your discharge from the Hospital.