

COLONOSCOPY PREPARATION INSTRUCTIONS: PICO 3

PATIENT INFORMATION

PATIENT:

DATE OF BIRTH:

APPOINTMENT DATE & TIME

DATE:

TIME (Please arrive 1 hour early):

ENDOSCOPIST:

LOCATION

The GUT Centre – 181 Sterling Road, Suite 204, Toronto, Ontario.

- Enter through the revolving door on the north corner of the building (off Sterling Road)
- Proceed to the second floor
- Do not use the ground floor sliding doors — there is no access to the Endoscopy Clinic from that entrance

Appointment Confirmation

All appointments must be confirmed by phone or email: Booking@GUTcentre.ca

Confirmation must be completed at least 2 weeks prior, or your appointment may be cancelled without notice

Cancellation Fees:

Less than 2 weeks' notice: \$50

Less than 48 hours' notice: \$250

ARRIVING AT THE CENTRE

- Register at the front desk on the second floor
- Please bring your Ontario Health Card.
- Bring a list of your current medications or the medication containers.

LEAVING THE CENTRE

You must arrange for a responsible adult to escort you home from your procedure. A taxi or rideshare such as Uber or Lyft does not count as an escort unless a responsible adult accompanies you. You will be receiving sedation during the procedure and will not be able to drive or operate machinery for the rest of that day.

IF YOU DO NOT HAVE A RESPONSIBLE ADULT TO ACCOMPANY YOU HOME, SEDATION WILL NOT BE ADMINISTERED.

MEDICATION

Continue taking **ALL** of your usual medications, including the morning of your procedure, with a sip of water — EXCEPT for the medications below.

Blood-Thinning Medications

If you take any blood thinner, you MUST confirm with your prescribing physician (GP, cardiologist, or other specialist) before stopping it. Do not stop a blood thinner without their approval.

Medication	Hold Before Procedure
Aspirin / ASA (baby aspirin)	If taken for a prior stroke or heart attack, you may continue it. Otherwise, hold 7 days.
Clopidogrel (Plavix), Aggrenox, Prasugrel (Effient)	Hold 7 days
Ticlopidine	Hold 14 days
Warfarin (Coumadin)	Hold 5 days
Dabigatran (Pradaxa), Rivaroxaban (Xarelto), Apixaban (Eliquis), Edoxaban (Lixiana), Ticagrelor (Brilinta)	Hold 3 days

Diabetes Medications

Medication	Hold Before Procedure
Metformin, Gliclazide (Diamicron), Glimepiride (Amaryl), Glyburide (Diabeta)	Hold 1 day before
Alogliptin (Nesina), Linagliptin (Trajenta), Sitagliptin (Januvia), Saxagliptin (Onglyza)	Hold the morning of your procedure
Canagliflozin (Invokana), Dapagliflozin (Forxiga), Empagliflozin (Jardiance)	Hold 3 days before
Insulin	Ask your endocrinologist or diabetes care provider for dose adjustment instructions for prep day and procedure day

GLP-1 Receptor Agonists & Weight-Loss Medications

(Ozempic, Wegovy, Rybelsus, Trulicity, Mounjaro, Zepbound, Saxenda, Victoza, Byetta, Bydureon, Adlyxin and similar medications)

- Most patients can continue their GLP-1 medication as usual — you do not need to stop it before your colonoscopy.
- As an extra precaution, please follow a clear liquid diet for the full 24 hours before your procedure (instead of starting at 10:00 am the day before — see Bowel Preparation below).
- Call our office before your procedure if, in the days leading up to it, you have ongoing nausea, vomiting, bloating, or feel full very quickly after eating. These can be signs of delayed stomach emptying, and your procedure may need extra precautions or rescheduling.

Iron Supplements

- Stop iron pills or multivitamins containing iron 7 days before your procedure.

For Headache or Nausea

- You may take acetaminophen (Tylenol) for headaches — not aspirin.
- You may take Gravol if you feel nauseated from the bowel prep.

IMPORTANT INFORMATION ABOUT YOUR PROCEDURE

- The risk of perforation (a hole in the colon, which may require surgery to repair) is approximately 1 in 3,000. This is rare but you should be aware of it.
- If a polyp is removed, there is up to a 1 in 100 chance of bleeding afterward, which may require a further procedure to stop it.

If you have any concerns about these risks, please speak to your referring physician or book a consultation to discuss them with your doctor in advance of your procedure.

BOWEL PREPARATION

**Purchase 2 boxes of Pico-Salax (contains 2 packets each) from any pharmacy.
You do not need a prescription for them.**

**Use the package insert for mixing instructions only. Follow the instructions below
for diet and timing of ingestion.**

Three Days Before Your Colonoscopy

- Stop eating any corn, nuts, seeds, or fibre supplements.

One Day Before Your Colonoscopy

1. Before 10:00 am: eat from the following list — 2 eggs with or without condiments; OR 2 slices of white bread or 1 plain bagel with butter, jelly, or cream cheese; OR $\frac{2}{3}$ cup yogurt (no seeds, berries, or nuts); OR 1 banana; OR 1 Egg McMuffin, but no bacon.
2. After 10:00 am: drink ONLY the following clear fluids (at least 2 litres) — coffee and tea (no milk or cream), clear soup (no noodles or solid contents), clear juices (apple, white grape, white cranberry), Gatorade, soda water, ginger ale, jello. No dairy products. No red or purple colours. Sports drinks are strongly recommended, as they contain electrolytes which help prevent light-headedness. Do not just drink water.
3. 4:00 pm: mix the 1st packet of Pico-Salax with 1 mug of cold water and drink. Drink 2 cups of clear fluids after the Pico-Salax. Do not drink just water alone.
4. 8:00 pm: mix the 2nd packet of Pico-Salax with 1 mug of cold water and drink. Again, drink 2 cups of clear fluids after the Pico-Salax. Do not drink just water alone.

Day of Your Colonoscopy

1. 4 hours before your colonoscopy (for example, if your appointment is at 7:30 am, start at 3:30 am): mix the 3rd packet of Pico-Salax with 1 mug of cold water and drink. Drink 2 cups of clear fluids after the Pico-Salax. Do not drink just water alone.
2. 2 hours before your procedure: STOP DRINKING, except a sip of water with your medications. If you have a headache, you can take Tylenol. If you feel nauseated, you can take Gravol.

It is important to follow these instructions exactly. A poor bowel prep may mean your colon is not clean enough for a complete examination, and the doctor may ask you to repeat the procedure; a poor prep can also result in polyps being missed.

PERSONAL BELONGINGS

Patients are strongly advised NOT to bring valuables such as jewelry, watches, or other personal items into the procedure and waiting areas.

The GUT Centre assumes no responsibility or liability for any personal items that are lost, misplaced, or stolen during care.