

**Dr. Timothy Cheang / Dr. Simon Yang / Dr. Jennifer Li**

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COLONOSCOPY PREPARATION - procedure done at Markham Stouffville Hospital

\*\*\*Register at the MAIN LOBBY at Markham Stouffville Hospital (381 Church Street, Markham)\*\*\*

\*\*\*Please bring OHIP and current list of medication

APPOINTMENT: \_\_\_\_\_ ARRIVAL TIME: \_\_\_\_\_ PROCEDURE TIME: \_\_\_\_\_

Step 1:

- Purchase 1 box of BI-PEGLYTE (follow our instructions, not those on/in the box)
- No prescription is needed. (If Bi-Peglyte is not available, please purchase the 4 Litre Peglyte and 3 Dulcolax Tablets. Mix ALL 4 litre of the Peglyte, use ONLY 2 Litre per instructions below.)
- **STOP EATING NUTS, SEEDS 4 days before** your colonoscopy procedure
- Talk to your doctor if you are taking any blood thinner

Step 2: the DAY BEFORE your procedure

- From the moment you wake up today, until AFTER your procedure, **NO SOLID FOODS/NO DAIRY**. You may have **CLEAR FLUID ONLY**. Examples of clear fluids include:  
- Water, tea/coffee (no dairy, no milk or cream), Gatorade/Powerade (no red, blue or purple), apple juice, white grape juice, gingerale, Sprite, 7up, clear broth (no noodles, rice, meat, vegetable pieces or congee), popsicles (no red, purple, blue), jello (no red, purple, blue)
- **Mix the Bi-Peglyte solution** in the morning do this by adding one sachet to one litre of water and mix thoroughly. Repeat with the second sachet. You will now have 2 litres of Bi-Peglyte solution. Put these in the fridge to chill. **DO NOT DRINK THIS YET.** (\*\*\*For patients who does not like drinking cold fluids, please mix the sachet with one litre of water 20 minutes before the time to drink the solution\*\*\*)
- **2 PM (day before procedure):** take the 3 Bisocodyl tablets(included in the box of Bi-Peglyte)
- **8 PM (evening before procedure):** start drinking the first litre of the bi-peglyte solution. Please drink a glass slowly every 10-15 minutes until you have finished one litre of the solution. Follow up with sufficient fluid to stay hydrated.

Step 3 (MORNING OF procedure)

- **4 HOURS BEFORE your procedure:** Drink the second litre of the Bi-Peglyte solution. As you did last night, drink a glassful of solution every 10-15 minutes until you have finished the second litre of the solution. Follow up with sufficient fluid to stay hydrated.
- **STOP ALL FLUID 3 hours before your procedure.** If you feel thirsty, please rinse your mouth with water and spit out.

Due to sedation used during procedure, you **cannot** drive, take a taxi/bus/Uber. You **MUST** arrange for a ride home from the hospital with an adult companion.

**THIS APPOINTMENT IS CONSIDERED CONFIRMED AT THE TIME OF BOOKING.**

**\*\*We DO NOT do reminder calls as it is patients' responsibility to keep track of their appointments once scheduled.\*\***

**YOU WILL BE CHARGE \$300.00 FOR A MISSED APPOINTMENT OR IF YOU CANCEL/RESCHEDULE YOUR APPOINTMENT WITHOUT 2 WEEKS NOTICE.**

You will be given discharge instructions from the nurse after the procedure.

If you require a follow up appointment with our surgeon, please call 905-477-5935 or email at admin@unionvilleg.com to schedule your follow up appointment.