

Dr. Jennifer Li – 141 Main Street, Unionville, L3R 2G7  
Tel: 905-477-5935 Fax: 905-477-5936 Email: [admins@unionvilleg.com](mailto:admins@unionvilleg.com)

**COLONOSCOPY INSTRUCTION – BOOKED AT THE MARKHAM STOUFFVILLE HOSPITAL**

**Please register at the MAIN LOBBY at Markham Stouffville Hospital**

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

**APPOINTMENT: \_\_\_\_\_ ARRIVAL TIME: \_\_\_\_\_**

Colonoscopy is the most accurate way of investigating inside the entire bowel. Inflammation or growth in the lining of the bowel is readily diagnosed with a colonoscopy. Biopsy is possible, and in certain cases, early growths can be treated completely through the colonoscopy. For ease of diagnosis and for safety in performing procedures, it is essential that the colon be thoroughly cleaned before the procedure. Please follow these instructions in order to ensure a good bowel preparation.

You will be required to purchase 1 box of Pico Salax (**prepare the Pico Salax envelops according to the manufacturer's instruction, but take according to our instructions below**)

**The day before your procedure, you can have CLEAR FLUIDS ONLY!**

Clear fluids include: WATER, CLEAR JUICE (APPLE, WHITE GRAPE, WHITE CRANBERRY), SPRITE, 7 UP, GINGERALE, CLEAR BROTH (NO NOODLES, RICE, MEAT OR VEGETABLE PIECES), CLEAR TEA OR CLEAR COFFEE (NO CREAM OR MILK, SUGAR IS ALLOWED) You may also have JELL-O OR POPSICLES but NOT RED. Keep hydrated by drinking plenty of fluids.

**The day before the procedure you are to take 1 package of Pico Salex in the morning and the second package in the early evening.** Be sure you take the entire solution. This will eventually result in diarrhea which will become quite clear. It is imperative that there is no solid waste remaining in the colon for accurate diagnosis. **Take no fluids at all for 8 hours prior to your procedure.** (The only medication allowed to take is blood pressure medication with a tiny sip of water. All other medication will have to wait until after the procedure.)

Your doctor will give you medication intravenously to alleviate any discomfort during the exam. These medications will render you unable to drive a vehicle or operate heavy equipment for 24 hour after the procedure. It is therefore advisable that you take the day of the exam off work and it is essential that you arrange for someone to drive you home from the hospital **YOU CANNOT DRIVE, TAKE A TAXI OR TAKE THE BUS HOME AFTER THE PROCEDURE!!**

There should be very little discomfort after the procedure. The effects of the medication wear off completely in about 12 to 24 hours. You can resume a normal diet as soon as the procedure is over and you should have no discomfort when the sedation wears off. If you do, you should call your doctor or visit the Emergency Department.

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

***You will be told if you require a follow up appointment after the procedure.***

***Please call 905-477-5935 or [admin@unionvilleg.com](mailto:admin@unionvilleg.com) to book your follow up appointment.***