



## PATIENT INSTRUCTIONS

### Colonoscopy

#### (Pico Salax / Purg-Odan Preparation)

Patient Name: \_\_\_\_\_

Physician: \_\_\_\_\_

Appointment Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

#### LOCATION:

**London Digestive Disease Institute**  
785 Wonderland Road South, Suite 253A (Second Floor)  
London, ON N6K 1M6

*If you have questions regarding your procedure or cannot attend, please contact the office immediately. Wait lists for this procedure are very long and it is important to give at least one week's notice to cancel or reschedule so that your appointment may be offered to another patient.*

#### **ENDOSCOPIC PROCEDURE - IMPORTANT INSTRUCTIONS**

- Propofol sedation is used for endoscopic procedures.
  - **You must have an adult (family member or friend) who will stay in the waiting room throughout the procedure and drive you home afterwards. You cannot drive yourself home.**
- If you choose not to receive sedation, you may go home alone, but the procedure may be uncomfortable and incomplete.
- Do not drive, operate machinery, or drink alcohol for 12 hours after your procedure.

Please bring the following items to your appointment:

- Your health card
- A current list of all medications you take and allergies
- A copy of your completed LDDI Pre-Endoscopy Anesthesia Patient Questionnaire
- A covered water bottle
- A reusable bag for your belongings

*Please avoid wearing jewelry, perfume, or cologne.*

#### **MEDICATIONS & MEDICAL CONDITIONS**

- Stop iron supplements 7 days before the procedure.
- If you take blood thinners (other than aspirin), contact the office immediately for specific instructions.

- You may be instructed to alter your medication several days prior to your procedure.
  - Examples: Plavix (clopidogrel), Ticlid (ticlopidine), Brilinta (ticagrelor), Coumadin (warfarin), Pradaxa (dabigatran), Eliquis (apixaban), Xarelto (rivaroxaban).
- If you have diabetes and take insulin or other medications, contact the office immediately for specific instructions. You may be instructed to alter your medication several days prior to your procedure. Please ensure you bring your insulin or medication on the day of your procedure.
- Stop GLP-1 medications 14 days before your appointment.
  - Examples: Ozempic (semaglutide), Saxenda (liraglutide)
- Please notify our office if you have kidney disease or congestive heart failure. You may be instructed to use an alternative bowel cleansing solution.
- Continue all other medications as usual, including the day of the procedure.

## **HOW TO PREPARE**

The following medication can be purchased over the counter at your pharmacy:

### **Three (3) packets of Pico Salax or Purg-Odan**

**Note: Please follow these instructions, not those on the product box.**

#### **One Week Prior To Your Procedure:**

- Stop eating nuts, seeds (poppy seeds, flax seeds and sesame seeds), corn, popcorn, fruits containing seeds (kiwi, raspberries, strawberries, tomatoes).

#### **One Day Before Your Procedure:**

- Consume clear fluids only all day. NO SOLID FOOD.
  - Examples: water, apple juice, sports drinks, clear broth, popsicles, Jell-O, black coffee or tea (no milk/cream). \*Please avoid RED, BLUE, PURPLE coloured drinks.\*
- Mix each packet with 6 oz of cold water.
  - The mixture may warm up—wait until it cools before drinking.
- After each packet, drink 6–8 glasses of clear fluids.
- Expect cramping and diarrhea—stay near a bathroom and continue to drink clear fluids.

#### **Dosage Schedule:**

- 1<sup>st</sup> Packet: 3:00 PM
- 2<sup>nd</sup> Packet: 7:00 PM

#### **Procedure Day:**

- NO SOLID FOOD.
- Continue drinking clear fluids but you must stop all fluids 2 hours before your appointment time.
- Do not chew gum or suck on candy.

#### **Dosing Schedule:**

- 3<sup>rd</sup> Packet: Taken 6 hours prior to your procedure arrival time.



## **UNDERSTANDING YOUR PROCEDURE**

### **What is a Colonoscopy?**

These tests use long, thin, flexible tubes with cameras to examine:

- Your colon and rectum (via the rectum)

They help investigate symptoms such as:

- Bleeding, diarrhea or constipation, abdominal pain and screening for colon polyps and cancer

During the procedure, the doctor may:

- Take a biopsy (a small tissue sample)
- Remove polyps (abnormal growths that can become cancerous)
  - You will not feel the biopsy or polyp removal.

### **What to Expect During and After Your Procedure**

- You will receive propofol anesthesia for your sedative. This will be administered by an Anesthesiologist.
- There may be some discomfort during the colonoscopy; however, the procedure is usually well-tolerated.
- You may feel bloating or need to pass gas due to air inflated during the procedure.
- You will stay in the recovery room until the anesthesia wears off.
- Afterward, you can eat and drink as usual unless specified by your physician.
- Avoid alcohol for at least 12 hours.

## **RISKS AND COMPLICATIONS**

Colonoscopy procedures are generally very safe. However, potential complications include:

- Sedation-related issues: low blood pressure, low oxygen, or difficulty waking.
- Bleeding from biopsy or polyp sites — usually minor.
- Perforation (a tear in the digestive tract wall):
  - Occurs in about 1 in 5000 endoscopies and 1 in 1000 colonoscopies.
  - May require hospitalization, IV fluids, antibiotics, blood transfusion, surgery, or an ostomy bag.

Limitations: These tests are not perfect — in rare cases; polyps, lesions or other serious problems in the colon may not be seen and can be missed.

***If you experience any problems after your procedure, please contact the office immediately  
(519) 204-6333.***

