

**NAME:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

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

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

**Address: Ottawa Gastrointestinal Institute (OGI)**

1910 St Laurent Blvd., Unit 29 Ottawa, ON, K1G 1A4  
(End unit of the Elmvale Acres Shopping Plaza)

**Phone Number:** 613-686-6656 ext.1

**Email Address:** [reception@ottawagi.com](mailto:reception@ottawagi.com)

**Before Your Colonoscopy:**

- ❖ **Purchase 4L of Peglyte from your Pharmacy**
- ❖ **Please see page 2 for instructions**
- ❖ Purchase clear fluids to drink during your preparation (**avoid red or purple**) Sprite, Gingerale, Gatorade/Powerade, Jello
- ❖ Have **Gravol** on hand for nausea
- ❖ **Zinc Oxide Ointment** can be used to minimize anal skin irritation

**Diet Restrictions 5 Days before your Colonoscopy:**

- ❖ Avoid whole grain breads, cereal, pasta
- ❖ Avoid brown or wild rice
- ❖ Avoid oatmeal/granola
- ❖ Avoid fruits and vegetables with seeds (Please remove seeds)
- ❖ Avoid nuts, popcorn, corn
- ❖ Avoid fibre supplements (Metamucil)
- ❖ Avoid whole legumes and lentils

*\*These foods stick to the walls of your colon and can cause damage to the equipment & may make your bowel cleanse unsuccessful. An unsuccessful bowel cleanse would result in a repeat test.*

*\*If you have a history of **Malignant Hyperthermia** (or family history of this), a **Pacemaker or Defibrillator** – please contact our office as soon as possible*

**Important:**

- ✓ Our office requires a minimum of 7 business days' notice to cancel or reschedule an appointment. If sufficient notice is not provided, a \$250+tax fee may apply (at the discretion of the physician)
- ✓ Arrive on time with a valid health card
- ✓ Bring list of current medications & completed New Patient Data Form
- ✓ Leave all valuables at home
- ✓ Pre-arrange to have a responsible adult (friend or family member) meet you at OGI to drive you or accompany you home. If you are taking Uber, taxi, bus or para transpo – **you will not be able to leave on your own** (You must still have a friend or family member with you)
- ✓ Translators/Power of Attorneys must remain on site
- ✓ On average, you can expect to be here between **2 to 3 hours** from the time of check in. The time may vary depending on the complexity of procedures throughout the day, as well as the length it may take to recover from anesthesia
- ✓ **All patients receive intravenous access, even if they are not receiving sedation (in case of emergency).** You cannot drive, operate heavy machinery, consume alcohol or cannabis, and sign any legal documents for the 24 hours after you receive sedation. Those wishing to forego sedation must come prepared with an emergency contact name & number
- ✓ Avoid travelling by plane or out of the country for **2 weeks** after your procedure

**Bowel Cleanse Instructions – Day Before Procedure:**

- ❖ You are on a strict clear fluid diet starting from the time you wake up. Solid food, coffee, milk, milk products and substitutes are not allowed until after your colonoscopy is complete. **Do not eat any food today.**
- ❖ Please drink a variety of clear fluids – not just water – aim for approximately 4L of fluid to ensure a successful bowel preparation.
- ❖ Use Gravol if nauseated
- ❖ **At 1pm** prepare Peglyte according to directions and refrigerate.
- ❖ **At 3pm** Drink 1L of Peglyte (1 glass every 15 minutes until finished)
- ❖ **At 5pm** Drink 2L of Peglyte (1 glass every 15 minutes until finished)

**Bowel Cleanse Instructions – Day of Procedure:**

- ❖ **5-6 hours before your arrival time, drink the last 1L of Peglyte.** You may need to wake up in the middle of the night to complete this step
- ❖ **4 hours before your arrival time, you must stop drinking all fluids.**

*Failure to do so may result in cancelling or delaying your procedure. Drinking within the 4 hour may result in a medical emergency.*

**How do I know I am ready?**

- ❖ Bowel movements should be a clear liquid – no solid stool or brown. *Please call our office if you do not feel that your preparation meets this criteria*

<b>*If you have instructions from our Internal Medicine physician on how to manage your medications, please follow them.</b>	
Aspirin	Please contact our office as soon as possible – <b>DO NOT STOP ON YOUR OWN</b>
Blood Thinners	Examples, not limited to this list: Plavix (clopidogrel), Warfarin (Coumadin), Agrylin, Pradaxa, Xarelto, Aggrenox <ul style="list-style-type: none"> <li>• Please contact our office as soon as possible – <b>DO NOT STOP ON YOUR OWN</b></li> <li>• Failure to notify the office may result in your procedure being cancelled</li> </ul>
Diabetic Medications	<ul style="list-style-type: none"> <li>• If you take intermediate or long acting insulin at night, take only half of the number of units you normally would take</li> <li>• <b>DO NOT</b> take on the morning of your colonoscopy</li> <li>• <b>DO NOT</b> take “immediate or short acting insulin” on the morning of your colonoscopy</li> <li>• <b>DO NOT</b> take diabetic pills the morning of your colonoscopy</li> </ul>
Iron Supplements	<ul style="list-style-type: none"> <li>• Discontinue 5 days before your procedure</li> </ul>
Anti-Inflammatory	<ul style="list-style-type: none"> <li>• Discontinue 5 days before your procedure (Advil, Naproxen, Celebrex, Motril, Aleve, Midol, etc.)</li> </ul>
For Headache	<ul style="list-style-type: none"> <li>• Use Acetaminophen ONLY (Tylenol), No Advil, Ibuprofen or naproxen</li> </ul>
Prescription Pain Medication	<ul style="list-style-type: none"> <li>• Take as directed by your Family Physician (Hydromorphone, Oxycocet, Oxycodone, Fentanyl patch, Morphine, Etc.) Do not stop on your own</li> </ul>
Other Medications	<b>**Please take all other medications as directed (blood pressure, thyroid, cholesterol, etc.) with a small sip of water on the morning of your procedure**</b>