

GENERAL SURGERY & ENDOSCOPY

☎ 604-391-2000 🖨 604-393-9779

INFORMATION ABOUT YOUR ENDOSCOPIC PROCEDURE

Location: Ambulatory Care - Main Floor Chilliwack Hospital

RE: _____

Date of Procedure: _____

Arrival Time: _____

Estimated Discharge Time: _____

1. Please call our office at least **14 days in advance** of your scheduled endoscopic procedure to confirm this appointment. If you reach our office voicemail, please leave your name, time and date of your procedure and that will be considered a confirmation.

FAILURE TO CONFIRM YOUR APPOINTMENT MAY RESULT IN CANCELLATION OF YOUR PROCEDURE

Cancellations within 48 hours of procedure will be subject to a \$200 re-booking fee.

2. Please follow the attached Bowel Preparation instructions closely.
3. Due to the sedation that you are given you are legally impaired and cannot work or drive for 24 hours.
You must arrange for someone to drive you home following the procedure.

Please ask whomever is driving you home to report to Ambulatory Care when they arrive to pick you up.
Please do not ask the staff to call your ride.

4. Dr. Zroback will give you the preliminary findings and follow up instructions after the procedure.

Thank you,

Dr. Zroback's Office

BOWEL PREPARATION INSTRUCTIONS

The doctor's ability to visualize your colon depends on a thorough bowel preparation. **PLEASE** read these instructions carefully, failure to do so may mean the procedure cannot be completed and you may have to reschedule and possibly repeat your bowel preparation.

PHARMACY LIST: (No prescription needed)

- **One 4L jug of CoLyte**

PREPARATION

1. 7 days before your colonoscopy

- STOP eating foods that contain seeds, nuts, popcorn or corn. No granola, multi-grain bread or brown rice. Things okay to eat are white rice, white bread (no jams or spreads with seeds or nuts) and well cooked porridge (no oatmeal).

2. 2 - 5 days before your Colonoscopy

- STOP taking any blood thinner medication as instructed by your doctor. (eg. Warfarin, Xarelto, Pradaxa or Plavix)

3. Day before your Colonoscopy

- **NO** solid food or milk products - only CLEAR liquids such as: water, clear juice (apple, white grape, white cranberry) clear soup, broth or bouillon, gatorade, vitamin water, powerade, gingerale, popsicles, jell-o and clear tea or coffee (no cream or milk). **NO red or purple coloured liquids. No gum, alcohol, congee or juices with pulp!**
- In the morning, follow the instructions on the jug to prepare the bottle of CoLyte.
- At **6:00 PM**, drink 1 glass of CoLyte every 10 minutes until 2L (1/2 of the bottle) is consumed. It is better tolerated if it is chilled and taken through a straw.
- Make sure you are keeping your electrolytes up by drinking other clear liquids in addition to water! It is very important to drink lots of fluids today. **STAY CLOSE TO A TOILET AS THE BOWEL PREPARATION WILL CAUSE DIARRHEA.**

4. The day of the Colonoscopy

- **6 hours** before your **procedure time**, drink the remaining 2L of CoLyte (drink 1 glass every 10-15 minutes)
- Stop having clear liquids **2 hours before** your **arrival time**.
- Please arrive to Ambulatory Care (1st floor of the Chilliwack Hospital, past the elevators) at the **arrival time** written on Page 1.

You may continue to take your usual medications with a sip of water on the day of your procedure unless directed otherwise by your doctor.