

WELCOME TO



Provis Rudd Clinics

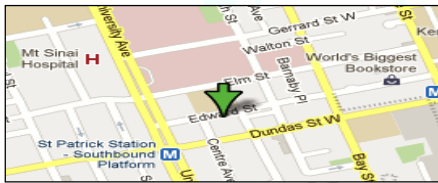
INSTRUCTION MANUAL FOR YOUR COLONOSCOPY

DATE: ____/____/____ TIME: _____

DOCTOR: _____

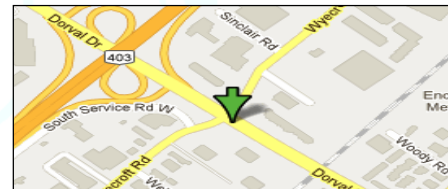
FLOOR: _____ SUITE #: _____

LOCATIONS



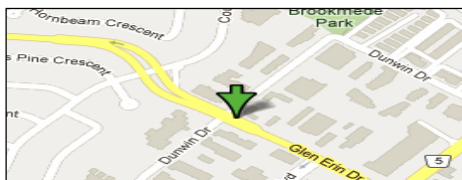
TORONTO CLINIC

123 Edward Street, Suite 825
Toronto, Ontario M5G 1E2
(near Dundas St. W. & University Ave)
Tel: 416-597-0997 Fax: 416-597-2912
Email: toronto@ruddclinic.com



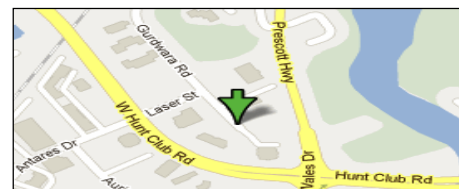
OAKVILLE CLINIC

710 Dorval Drive, Suite 202
Oakville, Ontario L6K 3V7
(South of QEW right turn on Wynecroft Rd)
Tel: 905-607-0022 Fax: 905-607-0013
Email: info@provisendoscopy.com



MISSISSAUGA CLINIC

3095 Glen Erin Drive, Suite 7-10
Mississauga, Ontario L5L 1J3
(West of Erin Mills Pkwy & Dundas St W.)
Tel: 905-607-0022 Fax: 905-607-0013
Email: info@provisendoscopy.com



OTTAWA CLINIC

2 Gurdwara Road, Suite 100
Nepean, Ontario K2E 1A2
(Hunt Club Area, Nepean)
Tel: 613-216-1823 Fax: 613-216-1824
Email: info@provisendoscopy.com

PLEASE REMEMBER TO:

⇒ Arrive 15 minutes before the appointment time

⇒ Bring your Ontario Health Insurance Card



⇒ Bring juice (Gatorade or Powerade) to drink after the procedure to restore energy



⇒ Wear loose fitting clothes (no tight jeans or similar tight attire) – Bring an extra pair of loose fitted pants

⇒ Do not wear nail polish or hand cream

⇒ **IMPORTANT:** Arrange for someone to accompany you to and from the clinic as you will NOT be allowed to drive for 24 hours or take public transit alone following sedation. For safety reasons, the person will need to meet you inside the clinic. We will call a taxi for you and assist you downstairs, but you must be accompanied by a responsible adult



⇒ If you do not speak or read English, you must bring a translator. 如果你不說話或讀英語 你必須帶翻譯。 , Si usted no habla o lee Inglés, usted debe traer un traductor.

STEP BY STEP INSTRUCTIONS

Please read this entire information package NOW and READ AGAIN
Seven (7) days prior to the appointment

PURCHASE THE FOLLOWING

1 jug/box of Peglyte



4 Dulcolax tablets



⇒ **A supply of clear drinks:** water, clear/yellow juices (apple, white grape, white cranberry), ginger ale, clear/yellow Gatorade or Powerade



⇒ Optional: Zinc ointment will ease chafed and irritated anal skin
⇒ Optional: Gravol 50 mg for nausea can be taken ½ hour before taking Peglyte

PLEASE NOTE: **Diabetics** can take a Vanilla-flavored liquid meal replacement (Such as Ensure or Glucerna) the **day before the procedure** but not the day of the procedure

FOUR (4) DAYS BEFORE APPOINTMENT

4 Days before appointment: _____ 20 _____

STOP eating ALL seeds and nuts. Including: multigrain breads, flax seeds, fruits with seeds (tomatoes, cucumbers, grapes, watermelon seeds, all types of berries etc.)



Appointment BEFORE 12:00PM Instructions

Day BEFORE the Appointment: _____ 20_____

YOU MUST REMAIN ON CLEAR FLUID ONLY. NO SOLID FOOD



1:00PM: Take **4 Dulcolax** Tablets with water

5:30PM – 8:30PM: Drink **Three (3) Litres** of Peglyte (under PEGLYTE DIRECTIONS heading)

MORNING OF THE APPOINTMENT _____ 20_____

5:00AM – 6:00AM: Drink the Fourth (4th) Litre of Peglyte

CLEAR FLUIDS ONLY

NO SOLID FOOD



You must stop drinking ALL fluids Two (2) Hours before you appointment time

THE DAY OF YOUR APPOINTMENT

- ⇒ For COLONOSCOPY only: Two (2) Hours before the appointment time: STOP DRINKING ALL FLUIDS



- ⇒ If you have a COLONOSCOPY and GASTROSCOPY booked the same day: STOP DRINKING ALL FLUIDS Three (3) hours before the appointment time

PEGLTYE DIRECTIONS

1. Add tap water/bottled water to the fill line on the Peglyte container (total volume 4L) – Boxed sachets, fill up a jug to equal 1 litre for each sachet, 4 cups = 1 litre
2. Replace cap tightly and shake well until all ingredients are dissolved
3. Put the jug in the fridge to chill
4. At the time indicated, rapidly drink a glassful (about 240mL) of the Peglyte solution, every 10 minutes
5. For Boxed Sachet – repeat this process for each litre

To Note:

- Diarrhea type bowel movement should begin by the time you have drank half of the jug
- Bowel movement will stop approximately 1 hour after you stop drinking
- It is normal for the bowel movement to become clear and later turn to a yellow color
- Do not stop drinking lots of clear fluid before, during and after taking the preparation to avoid dehydration

Optional:

- Keep clear fluids and water in the fridge the night before you take Peglyte, keeping the fluids chilled helps with drinking the solution
- Use a straw when drinking the solution

PROCEDURES WITH SEDATION

- ⇒ You will NOT be allowed to drive for 24 hours following sedation



- ⇒ You will require to have someone to accompany you to and from the clinic after your procedure

- ⇒ If you use a TAXI, you must be accompanied by someone



- ⇒ For safety reasons, the person will need to meet you inside the clinic as you cannot leave the clinic on your own

CANCEL OR CHANGE APPOINTMENT

If you need to cancel or change the appointment, you must do one of the following:

- ⇒ Call the Clinic:
Toronto 416-597-0997 Oakville: 905-607-0022
Mississauga: 905-607-0022 Ottawa: 613-216-1823
- ⇒ Email the clinic: www.ruddclinic.com/appointments.asp
- ⇒ We require Three (3) Business Days notice to cancel or change an appointment

FREQUENTLY ASKED QUESTIONS

Q: How long can I expect to be at the clinic?

A: Up to 1.5 Hours

Q: What can I expect during the procedure?

A: The procedure is usually tolerated well. However, some patients may experience discomfort or mild cramping and can be given sedation.

Q: Is sedation available?

A: Yes. The physician will advise you as to what type of sedation is recommended for your circumstances. Sedation is advised in new patients, especially females with a history of constipation, hysterectomy, caesarean section or endometriosis.

Q: What can I expect after the procedure?

A: You will remain in the recovery room for close observation for ½ hour or longer. A bloated feeling and flatulence can occur if air was used for visibility. You will be able to resume your normal dieting immediately after the procedure unless instructed otherwise.

Q: Are there any complications?

A: Colonoscopies and gastroscopies are safe procedures and are associated with very low risk when performed by trained and experienced physicians. Significant bleeding after removal of polyps occurs in less than 1% of patients. Perforation of the colon occurs in less than 1 in 4,000 cases. If perforation occurs, surgery may be required. Rarely a temporary colostomy is necessary. Sometimes lesions or polyps can be missed, especially if the bowel preparation is poor.

MEDICAL PRECAUTIONS

用药注意事项 Precauciones de Medicamentos

Please carefully read these instructions if you are taking any of the medications below

Aspirin, Bufferin, Novasen	<p><u>NOTE: Confirm with your family doctor prior to discontinuing this medication.</u> Discontinue the medication seven (7) days prior to the procedure. You may restart the next day if no biopsy was done.</p>
Plavix (Clopidogrel)	<p><u>NOTE: Confirm with your family doctor prior to discontinuing this medication.</u> Discontinue the medication seven (7) days prior to the procedure. You may restart the next day if no biopsy was done.</p>
Coumadin Warfarin	<p><u>NOTE: Confirm with your family doctor prior to discontinuing this medication.</u> Discontinue the medication five (5) days prior to the procedure. You must have an INR test done before noon (12pm) the day before your procedure and have the results faxed to 905-607-0013 (Mississauga/Oakville) or 416-613-6044 (Toronto) or 613-216-1824 (Ottawa). If you have not received an INR requisition form, please contact us immediately so we can mail it to you. <u>We require INR results by 8:00am on the day of the procedure.</u></p>
Diabetic Medications	<p><u>Please ensure that your procedure is booked early in the day.</u> Discontinue oral medications (pills) the evening before and the morning of the procedure. If you are on insulin, please discuss with your family doctor regarding cutting the morning dose of insulin in half. Diabetics can take a Vanilla-flavored liquid meal replacement during their preparation. Such as Ensure or Glucerna.</p>
Iron Supplements	<p>Discontinue five (5) days prior to the procedure.</p>
Anti-Inflammatory (Aleve, Motrin, Advil)	<p>Discontinue one (1) day prior to the procedure. Celebrex and Vioxx are not to be discontinued prior to the procedure.</p>

Medication for Pain or Headache	<p>Use plain Tylenol or prescribed medication for pain control.</p>
Antibiotics	<p>Antibiotics should be taken prior to the procedure if you have a history of endocarditis, artificial heart valves, or had a joint replacement in the last six (6) months. Obtain a prescription from your family doctor and fill it at the pharmacy. Oral antibiotics must be taken one (1) hour prior to the procedure. If the antibiotic is given intravenously, bring the antibiotic to the clinic and <u>advise us at the time of booking.</u></p>
Other Medications	<p>Medications for <u>blood pressure, thyroid and cholesterol</u> should be taken the morning of the procedure with sips of water.</p>