

**Dr. Hamish Hwang Inc.
General Surgery, GI Endoscopy & Esophageal Physiology**

#200, 3207 30 Avenue Vernon, BC V1T 2C6 Phone 545-2288 Fax 545-2781
www.doctorhwang.ca

Patient Information - Preparing for your Colonoscopy

Vernon Jubilee Hospital Ambulatory Care Department Telephone: 250 558 1347

You are booked with Dr. Hamish Hwang for an examination of your lower bowel.

Register at Admitting in the Polson Tower at Vernon Jubilee Hospital

ON: _____

ARRIVE TO ADMITTING: _____ **AM/PM**

Please report to the admitting desk located inside the main entrance of VJH Polson Tower. Bring your personal health care card with you. After registering, go to Ambulatory Care to "check in".

You may not drive for 24 hours following the procedure and must have a ride arranged to take you home as well as someone to stay with you for a few hours. Your driver will be told an approximate time to pick you up. They must come into the department to get you.

****If you do not arrange a ride and someone to stay with you, your procedure will be cancelled****

Bring a list of your current medications with you on procedure day. The nurse will ask you about medications and allergies.

If your medications are time sensitive, please take them and let the nurse know you have taken them. If they can be left until after the procedure, please do so.

Pradaxa (dabigatran), Xarelto (rivaroxaban), Eliquis (apixaban) stop x 2 days prior, Coumadin (warfarin) stop x 5 days prior, Plavix (clopidogrel), Brilinta (ticagrelor) stop 7 days prior . All patients must stop IRON one week prior to your colonoscopy.

Please take all your usual medication unless it is a blood thinner. Call your family physician if you are taking diabetic medications. Please call our office and not the hospital if you have questions regarding other medications you are taking.

Leave all valuables and money at home on the day of your procedure.

You must cleanse your bowel prior to the procedure. The specific instructions are on the second page. Follow them closely and drink lots of clear fluids the day before (no smoothies).

****IF YOU DO NOT FOLLOW THE PREP INSTRUCTIONS YOUR PROCEDURE WILL BE CANCELLED****

****IF YOU CANNOT ATTEND YOUR APPOINTMENT CALL DR. HWANG'S OFFICE AT 250 545 2288 – PLEASE SEE ATTACHED CANCELLATION POLICY.**

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BOWEL PREPARATION FOR COLONOSCOPY

This prep is intended to clean the entire large bowel so the doctor can view the lining of the colon with a fiberoptic instrument.

Please read the entire procedure before starting the preparation. Bathroom facilities should be readily available for the day.

1. **WHAT YOU WILL NEED** (available at pharmacies without a prescription)
 - **PICO-SALAX** colonoscopy preparation kit (2 sachets). Do not follow the instructions that come with the Pico-Salax box – **FOLLOW ONLY THESE INSTRUCTIONS** Do not accept a generic brand.
2. **2-3 DAYS PRIOR TO YOUR COLONOSCOPY**
DO NOT eat any foods containing nuts, seeds or corn
3. **1 DAY PRIOR TO COLONOSCOPY**
 - Drink CLEAR FLUIDS ONLY** through the entire day. **NO SOLID FOODS FOR THE WHOLE DAY.**
 - Same as above except take clear fluids for **2 days** before the exam instead of 1 day
Examples of clear fluids are: water, consommé, broth, pop, clear fruit juices without pulp, clear soft drinks, tea, coffee, jello. NO MILK, CREAM OR SOY. Gatorade or other sports drinks are recommended. NO red or purple fluids.
4. **THE EVENING PRIOR TO COLONOSCOPY:**
Drink the first mixture of Pico-Salax at 4:00 p.m. Be sure to drink the entire mixture. Then drink 2 litres of water or clear fluids over the next 3 hours. Drinking the fluids is extremely important and necessary for bowel cleaning. How to make Pico-Salax Solution: Combine contents of each sachet with 150 ml (5 oz) of cold water. Stir constantly for 2-3 minutes, until completely dissolved. Mixture may heat up with mixing – allow to cool before drinking.
5. **THE DAY OF THE COLONOSCOPY:**
DO NOT EAT ANY SOLID FOOD AT ALL

The second mixture of Pico-Salax should be taken 5 hours before the scheduled time of the procedure (not arrival time). Take it at _____. If your appointment time changes please also adjust the time of the 2nd dose. Then drink 2 litres of water or clear fluids over the next 3 hours.

BLOOD THINNERS: If you are on anti-coagulation medication, such as Coumadin (warfarin), Plavix (clopidogrel), Pradaxa (dabigatran), Xarelto (rivaroxaban), Eliquis (apixaban) these usually should be stopped **2-7 days before** the procedure. **Please call our office if unsure what to do.**

DIABETICS: Please consult with your **family physician** to make adjustments to your medications
HEART AND BLOOD PRESSURE MEDICATIONS Take early in the morning of the procedure.

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Confirmation:

Please note we confirm all hospital appointments 2 weeks prior to the scheduled day. Our office will attempt to contact you a total of 3 times by telephone. If the first 2 calls are unsuccessful, we will contact you a third time one week prior to your scheduled appointment. If this final call is unsuccessful we will attempt to leave a message informing you your procedure has been cancelled and to contact our office. Your family doctor will be notified of the cancellation.

Please inform our office if you intend to be away in the two weeks prior to your appointment. You may confirm your appointment prior to your absence or leave an alternate phone number where you may be reached.

No Show Policy:

If you have not given three (3) business days notice of a cancellation and DO NOT show up for your appointment, you will be charged a \$100.00 cancellation/rebooking fee. To have a vacant timeslot is unfair to other patients -- some of whom are cancer patients that have been waiting over a year to have their procedure done and could have been rescheduled into that timeslot.

Thank you for your understanding. Dr. Hwang has limited time to perform these procedures. Your cooperation is much appreciated to make sure all timeslots are filled, so that patients do not have to wait longer than necessary to have their procedure done.

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