

GASTROSCOPY AND COLONOSCOPY INSTRUCTIONS ARH (page 1/2)

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Date of procedure: _____ **Check-In time:** _____

Procedure location: **Abbotsford Regional Hospital General Daycare Unit**

32900 Marshall Road, Abbotsford

YOU MUST PHONE OUR OFFICE (604-381-1800) TO CONFIRM YOUR APPOINTMENT 14 DAYS BEFORE YOUR APPOINTMENT. WE REQUIRE 2 WEEKS NOTICE FOR CANCELLATION OR RESCHEDULING; OTHERWISE THERE WILL BE A CHARGE OF \$500.

Stop all blood thinners prior to gastroscopy and colonoscopy unless otherwise directed by your family physician or specialist. Consult your family physician or specialist to see if you will require bridging therapy while off blood thinners.

- stop plavix/clopidogrel, warfarin/coumadin, ticagrelor/brilinta 5 days prior to gastroscopy/colonoscopy
- stop apixaban/eliquis____days prior to gastroscopy/colonoscopy
- stop dabigatran/pradaxa____days prior to gastroscopy/colonoscopy
- stop rivaroxaban/xarelto____days prior to gastroscopy/colonoscopy

If you take medications for diabetes, please consult your GP for directions for the day of gastroscopy/colonoscopy.

You require a driver to bring you home from the hospital. Due to sedation, you are considered legally impaired for up to 24 hours post procedure. You CANNOT drive, take taxi or bus home post gastroscopy/colonoscopy.

If you need an interpreter, you must provide one for yourself and they must attend both check in and discharge with you.

FYI: inpatients needing urgent procedures take priority over outpatients. Sometimes outpatients need to be rescheduled to accommodate urgent inpatient procedures.

You will be in the hospital for approximately 2.5-3.5 hours from your check in time.

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The doctor's ability to visualize your colon depends on the thorough bowel preparation. Please follow instructions closely. You will need to repeat this procedure if your bowel preparation is inadequate.

7 days before gastroscopy and colonoscopy:

Stop all anti-inflammatories (e.g. advil/motrin/ibuprofen, aleve/naproxen, celebrex/celecoxib, cambia/diclofenac, Toradol/ketorolac), and oral iron supplements. Please check multivitamins for iron as well.

- Purchase 1 bottle of Colyte 4L or Peglyte 4L (no substitute).

5 days before gastroscopy and colonoscopy:

- Check the first page for instructions on stopping blood thinners.
- Stop eating foods that contain seeds (e.g. blueberries, strawberries flax seeds, etc), popcorn, corn, granola, shells, multigrain bread, nuts, stringy/fibrous fruit & vegetables.
- Eat a low fiber diet (e.g. plain white bread (no crust), white rice, applesauce, potatoes/yam/sweet potatoes (no skins), steamed/cooked carrots, cream of wheat, eggs, lean meats and well-cooked porridge).

1 day before gastroscopy and colonoscopy:

- Prepare the 4 liters of Colyte or Peglyte as directed on the jug. Keep in fridge as it is best taken cold rather than at room temperature.
- Start clear liquid diet. Have a variety of clear liquids to replace electrolytes. Clear liquid examples are clear broth, water, clear pulp free juices, apple juice, white grape juice, white cranberry juice, tea & coffee with NO milk or cream, clear GingerAle or Sprite, clear Gatorade, jello (only yellow, green). No red, purple drinks or jello of any kind. No alcohol. No milk, soy or almond milk products.
- Stay close to a toilet once you start taking the bowel preparation as it will cause diarrhea.
- At 4pm, drink 2 liters of the Colyte or Peglyte within 90 mins (drink 1 glass, 250mls, every 10 minutes). It is often better tolerated if well chilled in advance and taken through a straw.
- 5-6 hours before your arrival time, drink the remaining 2 liters of the Colyte or Peglyte within 90 minutes.
- Do not eat or drink anything after midnight the night before gastroscopy and colonoscopy, except the Colyte or Peglyte.

The day of gastroscopy and colonoscopy:

- You may continue to take your usual medications with a sip of water unless otherwise directed by your family doctor or specialist. If you take medications for diabetes, please consult your GP for directions.
- Bring a list of your medications, care card with picture ID to the hospital.
- Do not wear perfume to the hospital.