

COLONOSCOPY INSTRUCTION SHEET

Procedure Date _____ Arrival Time at Hospital: _____

Physician:

DR. SAUL MANDELBAUM

3030 LAWRENCE AVE. E., SUITE 209
SCARBOROUGH, ON, M1P 2T7
416-431-1242 FAX 416-431-0836



LOCATION OF PROCEDURE

<input type="checkbox"/> SCARBOROUGH HOSPITAL GENERAL CAMPUS 3050 Lawrence Avenue East (at McCowan Road) 3 rd Floor, East Wing 416-431-8200		<input type="checkbox"/> DYNAMIC MEDICAL CENTRE 5734 YONGE STREET 3RD FLOOR NORTH YORK 416-222-5501
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Prescription

Date: _____

Patient Name: _____

Bisacodyl (3 x 5mg pills) or 15mg x 1 PO

Peglyte 4L PO x 1

Dr. S. Mandelbaum MD, MSc, FRCS(C)

INSTRUCTIONS

Day Prior to Procedure:

- You may consume ONLY clear fluids (**NO solid food**)



Clear fluids include: Gatorade, clear broth, black coffee or tea (**NO CREAM OR MILK**) , Jello, **CLEAR** sodas like 7-Up or Ginger ale, Juice like cranberry, grape or apple, popsicles.

NO GRAINS, MEATS, DAIRY, FRUIT, VEGETABLES OR EGGS

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Make sure you look at
the 2nd page.


Please follow the instructions below to ensure your colon is clean.

“A CLEAN COLON ENSURES A GOOD TEST THAT DOES NOT NEED TO BE REPEATED!”

Preparation Instructions:

COLONOSCOPY START TIME: _____

GROUP 1	GROUP 2
Start Time BEFORE 10AM	Start Time AFTER 10AM
On day prior to scope take 3 BISACODYL at 5 PM At 7 PM that evening start drinking the Peglyte. Drink one 8oz glass every 15 minutes until done	On day prior to scope take 3 BISACODYL at 5 PM At 7 PM that evening start drinking the Peglyte. Drink one 8oz glass every 15 min until HALF of the Peglyte is done At 5AM start drinking the remaining Peglyte. Drink one 8oz glass every 15 min until all done. You must be finished 3 hours prior to your colonoscopy

- Do **NOT Eat or Drink ANYTHING** 3 hours before your procedure. 
- Peglyte is best consumed cold. Put it on ice a few hours prior to drinking



- It usually takes about an hour to begin to notice the diarrhea affect and there may be some bloating or cramping as it begins. Occasionally, some may develop nausea with vomiting. If so take a break for an hour, and then to resume drinking at a slower rate.

- You must have someone accompany you home from the hospital.** If you do not have someone available to accompany you home and stay with you the night, your procedure could be canceled.



IMPORTANT:

For more info and videos about colonoscopies, visit DrSaul.ca online