**Dr. Trevor D. Hamilton, Inc.**

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Surgical Oncology & General Surgery

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**COLONOSCOPY PREPARATION INSTRUCTIONS**

Your appointment for a colonoscopy is **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Please arrive at **\_\_\_\_\_\_\_\_\_**

**Location**: **\_\_\_** **Admitting at UBC Hospital \_\_\_Admitting at VGH**

Main Entrance-Main Floor Jim Pattison Pavilion-Main Floor

2211 Wesbrook Mall 899 W. 12th Ave.

Vancouver, BC V6T 1Z3 Vancouver, BC, V5Z 1M9

**One week prior to test:**

* **STOP** all **iron** containing vitamins unless otherwise instructed by your doctor. If you are on any **blood thinners** discuss this with the office well BEFORE your colonoscopy regarding when to discontinue it.
* Avoid breads with whole grains, fruits/vegetables with small seeds, all types of nuts, popcorn/flax/sesame, oats/oatmeal, granola, quinoa, and rice.
* Purchase some tablets of **DULCOLAX** at any drug store (no prescription needed).
* Purchase ONE BOX of **PICOSALAX** (will contain two sachets of powder) at any drug store (no prescription needed).

**2 Days prior to test:**

* 7:00pm **NO SOLID FOOD**. DRINK CLEAR FLUIDS ONLY UNTIL THE TEST (water, apple juice, white cranberry/grape juice, Gatorade (not red or purple), Jell-o (not red or purple), consommé soups, clear tea, black coffee. NO MILK or MILK PRODUCTS
* 7:00pm take TWO tablets of Dulcolax

**1 Day prior to test:**

* **NO SOLID FOOD**
* CONTINUE CLEAR FLUIDS ONLY UNTIL THE TEST
* At 3:00pm dissolve one packet of PICOSALAX into a cup of water/clear liquid and drink slowly over the course of about 45min. **Take plenty of fluids**
* At 8:00pm dissolve second packet of PICOSALAX into a cup of water/clear liquid and drink slowly over the course of about 45min. **Take plenty of fluids.**

**Day of Test**

* Stop clear fluids FIVE HOURS before test.

**After the test**

* **You will need a responsible adult who knows you to come into the hospital to pick you up from DAYBED/GE CLINIC and drive you home (approx 2.5 hours after arrival)**. If you are taking a cab you will need someone else other than the cab driver with you. You CANNOT drive for 24 hours after the procedure.
* **It is NOT advisable to travel for TWO WEEKS** after the colonoscopy in the event there may be a complication that does not become obvious right away.

**\*PHONE 604 875-5770/5880 TO CONFIRM YOUR PROCEDURE ONE WEEK PRIOR, OTHERWISE YOUR**

**APPOINTMENT WILL BE CANCELLED\***