



Dr. Patrick McCrea

M.D., M.A.Sc., F.R.C.S.C., General Surgeon

Boardwalk Professional Centre

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MORNING COLONOSCOPY AND GASTROSCOPY

This is an instruction sheet for patients scheduled for morning colonoscopy *AND* gastroscopy. If you believe you are scheduled otherwise and received this form in error, please call the clinic.

If this is your first visit with Dr. Patrick McCrea, please fill out the Health Questionnaire (attached), and return to the office. The clinic should receive by email (preferred), faxed, or mail at least 1 week in advance. Please watch instructional videos for your procedure on www.drpatrickmccrea.com.

Attention: _____

You are scheduled for an upcoming procedure with Dr. Patrick McCrea. You will need to register at the Admitting Department 90 minutes prior to your procedure.

Date: _____ Registration Time: _____ Procedure Time: _____

Location: Endoscopy Unit, Queen Elizabeth Hospital, 60 Riverside Drive, Charlottetown, PE.

You must call 902.368.7610 or email info@drpatrickmccrea.com to confirm appointment at least 7 days prior to scheduled procedure or your appointment will be cancelled. If you cancel later than this, it is difficult to find someone to take your place and you may be subject to a cancellation fee.

You will be sedated, so please make arrangements to have a responsible adult take you to and from the GI Unit. This person should leave a phone number (for nursing to call) and be within 15 minutes of the hospital. If you do not have someone with you, your test will be cancelled. The endoscopies will take approximately 60 minutes. You will need to stay at the hospital 30-60 minutes after it is over.

REQUIRED BOWEL PREPARATION INSTRUCTIONS:

Supplies Needed: Available without a prescription at any pharmacy.

- 3 Dulcolax Tablets (Bisacodyl laxative)
- Colyte/Klean Prep – 4 litre bottle

INSTRUCTIONS:

DAY BEFORE APPOINTMENT

8:00 am: Start a clear liquid diet. Continue on a clear fluid diet until 3 hours before your appointment time. Clear fluids include: Water, clear juices without pulp, chicken broth or consommé soups, light coloured jello without fruits, popsicles, Gatorade, Kool-aid, clear soft drinks, Ovaltine mixed with water. No milk, nothing red or purple. These are just examples. Do not eat seeds or kernels for 2 weeks prior to appointment.



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12:00pm (noon): Start colyte/kleen prep. Do not drink too fast. Drink an 8-10 oz glass over 20-30 minutes. It may take several hours to drink all of the prep solution.

6:00pm: Take 3 Dulcolax tablets orally. You will need to have access to a toilet after you take this medication as it can begin to work within 1-3 hours. It is very important to drink a sufficient amount of clear fluids to avoid dehydration. Cramps and diarrhea are expected, so stay close to a toilet. Should you develop nausea, you may take 25mg of Gravol (dimenhydrinate) every 6 hours with water. If you vomit, wait until the nausea subsides and proceed with the prep. A good cleansing is usually achieved even if you vomit, the prep is continued.

Midnight: Do not take any further food or fluids by mouth to ensure your stomach is empty.

MEDICATIONS/CONDITIONS:

If you are on chemotherapy, please advise Dr. McCrea's office as soon as possible as your colonoscopy will have to be deferred until chemotherapy is completed.

If you are taking blood thinning herbs or medications:

- Ticlid (ticlopidine): Contact our office as soon as possible.
- Pradax (dabigatran): Contact our office as soon as possible.
- Coumadin(Warfarin): Contact our office as soon as possible.
- Plavix (clopidogrel): Contact our office as soon as possible.
- Iron, vitamins, and/or herbal medications: Please discontinue 1 week prior to your appointment.

If you are diabetic, your blood sugar may be affected by the bowel prep regime; you should take ½ your normal AM insulin, do not take oral diabetic medications, and check your blood sugar. You should take your blood pressure medication as usual. Please take medications with only a sip of water that morning.

POST COLONOSCOPY AND GASTROSCOPY:

You must avoid travelling for 7 days post procedure. You are free to eat anything you want afterwards unless you are told otherwise. You should ask Dr. McCrea when you can restart any blood thinning medications; you can resume taking all other medications as usual unless you are told otherwise. Go to the emergency department nearest to you and advise our office if you experience any of the following:

- Chills
- Fever
- Heavy bleeding
- Severe abdominal pain

Please refer to www.drpatrickmccrea.com for videos and more information about your procedure. If there are any questions or concerns regarding these instructions, please contact Lindsay Perry, Administrative Assistant, at Dr. McCrea's Office at info@drpatrickmccrea.com or at 902.368.7610.