



Vaughan Endoscopy Clinic Inc.  
4610 Highway #7, suite. 200, Vaughan, Ontario L4L 4Y7  
Phone 905-856-2626 or 416-516-COLO fax: 905-856-2602  
[www.vaughanendoscopy.com](http://www.vaughanendoscopy.com) endoscopy@rogers.com

### **INSTRUCTIONS FOR DIABETIC PATIENTS**

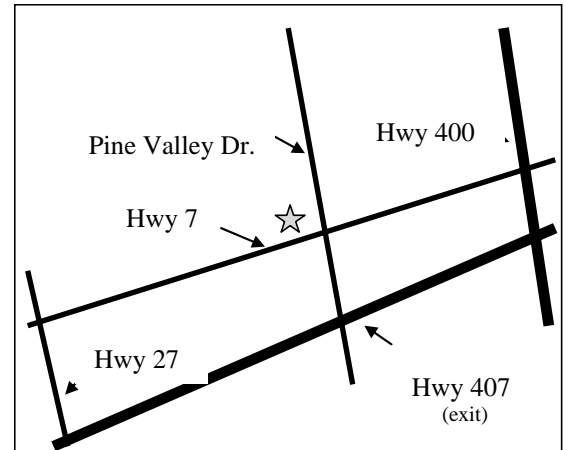
The following instructions will help facilitate a high quality experience in our clinic. If you have any questions feel free to call the VEC.

#### **VEC Location:**

The clinic is located in Woodbridge on the northwest corner of Hwy 7 and Pine Valley Drive (north of Hwy 407, between Hwy 400 and Hwy 427). Our medical building is at the western end of the parking lot. Parking is free.

#### **Colonoscopy:**

Colonoscopy is a test that uses a video camera on a long flexible tube designed to pass through your large bowel looking for abnormalities such as polyps or cancer. Sedation is provided to minimize any discomfort. If polyps are found, almost all of them can be removed at the time of the procedure.



Since colon cancer starts as a polyp, removal of those polyps prevents colon cancer.

#### **Bowel Preparation (for Type 2 Diabetic Patients):**

The procedure requires that your bowel be cleaned out. While this is likely the most difficult part of the entire process, it is very important. The cleaner your bowel is the faster, safer, and more accurate the test will be.

**Starting 48 hours before** the procedure, reduce fiber (e.g. whole wheat, bran, flaxseed, lentils, beans, brown rice, raw vegetables, etc.) in your diet and stop all fiber supplements (e.g. Metamucil) and iron pills. Stop eating foods containing corn kernels, nuts, seeds or fruits with seeds (e.g. raspberries, etc.)

**DO NOT EAT ANY SOLID FOOD after 10:00 am on the day before** your colonoscopy (until after the procedure is complete). You are allowed to have breakfast the *day before* the test.

Starting at 10:00 am the day before your procedure, drink **CLEAR FLUIDS ONLY**. Clear fluids consist of anything you can see through: consommé/ broth soups/ Oxo cubes, lemon or lime Jell-O (but no red, purple or orange), water, clear fruit juices (e.g. apple or white grape, but not orange juice), tea/coffee (sugar but no milk/cream), gingerale, soda water, or sports drinks like lemon or lime Gatorade (no red, purple or orange).

Go to your local pharmacy to purchase the bowel preparations. Purchase either Colyte or Peglyte (or Klean-Prep if your pharmacy does not carry those). In addition, purchase 2 tablets of Dulcolax. These preparations does not require a prescription.

#### **DAY BEFORE EXAMINATION**

##### **IN THE MORNING:**

- With your breakfast, take 2 tablets of Dulcolax. This is a laxative but it will not prevent you from going to work that day.
- Add the Colyte (or the Peglyte) packs to the 4-liter bottle. Add tap water to the fill line. Shake well until powder has dissolved. (If using Klean-Prep you will dissolve each sachet in 1 litre of water and repeat the process 3 more times so that all 4 sachets get consumed – a total volume of

4 litres). Add nothing else to the solution (not even ice). Refrigerate Colyte/Peglyte until ready to drink in the evening (it tastes better cold and via a straw)

- After 10:00 a.m, do not eat any solid food until after the colonoscopy is complete. Only clear liquids are permitted.

#### IN THE EVENING:

#### IF YOUR APPOINTMENT TIME IS BEFORE 9 A.M:

- Begin drinking Colyte/Peglyte between 4 p.m. and 6 p.m. Drink an 8-ounce glass every 10 minutes. **Drink all 4 litres** that evening to ensure an adequate bowel preparation. Remain on a clear fluid diet until after the procedure.

#### IF YOUR APPOINTMENT TIME IS AFTER 9 A.M:

- Begin drinking Colyte/Peglyte between 4 p.m. and 6 p.m. Drink an 8-ounce glass every 10 minutes. Continue drinking until you have drunk **about 3 litres** of the bowel preparation that evening. Put the **remaining 1 litre in the fridge overnight. Drink it the next morning at 6:00 am (ensure have completed drinking the entire litre by 7 am).**

Bowel movements should begin approximately one hour after the first glass of Colyte/Peglyte. They will continue for several hours after you finish drinking the last glass. Feelings of bloating, abdominal fullness, and nausea are common after the first few glasses of Colyte/Peglyte. This is temporary, however, and will subside once bowel movements begin.

#### **DAY OF YOUR EXAMINATION:** (complete the bowel prep if appointment is after 9 am)

- Do not eat any solid foods. If you are thirsty, drink only a small quantity of water or clear fluids, prior to the examination. **STOP DRINKING ANY LIQUIDS (EVEN WATER) FOR 2 HOURS PRIOR TO THE APPOINTMENT.**
- Please leave jewelry at home and refrain from using perfume/ cologne.

#### **Medications: (Please bring a list of your current medications or the pill bottles to the appointment)**

**If you take medications on a regular basis you can do so throughout this preparation period. Take any required medications (especially Blood Pressure medication) the morning of your procedure with a sip of water.** The following exceptions apply:

- if you are on diabetic pills, **do not take them on the day of the bowel preparation or the day of the procedure until after the procedure is completed.** Take your diabetic medication once you arrive home from the clinic. Check your blood sugar more frequently than usual during the prep and the day of the test. You may need to drink some apple juice or ginger ale if you find your sugars are low.
- if you are on Aspirin some doctors suggest holding this medication prior to the test because of a greater risk of bleeding if a polyp is removed. However, there are also risks associated with stopping these drugs. We prefer if you stop taking aspirin 5 days prior to the procedure, unless your physician says to stay on it.
- Please Note: if you are on the blood thinner Coumadin (warfarin), or if you are an insulin-dependent diabetic, it is safer if your procedure is done in the hospital. Please have your family doctor arrange this with the appropriate referral.

### **At The Appointment:**

Please arrive at the clinic 20 minutes prior to your scheduled appointment. If you are not comfortable speaking or reading English you should bring an interpreter with you at the time of the appointment. Once you arrive and register at the clinic you should expect to be there for about 2 hours. Due to the use of sedation, patients will not be allowed to drive for 12 hours. Ensure that you have made arrangements to be driven home, take a cab, or to be accompanied on public transportation.

The procedure and consultation are all covered by OHIP and you must bring your OHIP card with you to the appointment. There is a Block Fee of \$50 to cover uninsured services (those services not covered by OHIP). This block fee is valid for a period of 12 months. Alternatively, you can view a list of individual uninsured services and associated fees on our website ([www.vaughanendoscopy.com](http://www.vaughanendoscopy.com)) or obtain a copy from the clinic.

A missed appointment fee of \$150 will be charged if sufficient cancellation **notice of 72 hours** is not given.

## **COLONOSCOPY INFORMED CONSENT**

### **What is the purpose of a colonoscopy?**

Colonoscopy is used to examine the lining of the large intestine (colon) and, if necessary, to take biopsy specimens (tiny bits of tissue) or remove polyps (abnormal growths that can become a cancer). Since colon cancer starts as a polyp, removal of those polyps prevents colon cancer. Cancer of the colon is the second leading cause of cancer related death for men and women in Canada.

### **How is colonoscopy done?**

Colonoscopy is a test using a video camera on a long flexible tube designed to pass through your large bowel looking for abnormalities. The image from the camera is projected on a video monitor and the doctor steers the scope around your bowel. During the procedure the tube needs to pass around some bends in your bowel, and requires that air be introduced into your bowel, to help with visualization. Sedation is provided to minimize any discomfort you may have as a result of these manoeuvres.

Up to 30% of the time polyps are found. Most can be removed through the colonoscope at the time of the procedure. Polyps can be snared (lassoed with a wire loop) and removed. A small piece of tissue (biopsy) may also be removed to send for analysis to determine if the abnormality was benign (noncancerous) or malignant (cancerous). Biopsies and polypectomies do not cause any discomfort.

### **How long will it take?**

The procedure requires that your bowel be cleaned out the day before the test, in the privacy of your own home. Your colon must be completely clean from fecal material so that a thorough examination can be done. The recommended bowel preparation must be started on the morning of the day before your colonoscopy and you may have only clear fluids for > 24 hours before the test (no milk or solid food is allowed). Follow the bowel preparation instructions carefully or the procedure may have to be cancelled upon your arrival to the VEC and rescheduled.

At your scheduled appointment time you will visit our clinic where you will meet the doctors and nurses who will perform the procedure. The test usually takes approximately 20-40 minutes, however please allow for 2 hours at the VEC for waiting, preparation, and recovery.

### **What can I expect during the colonoscopy?**

Colonoscopy is usually well tolerated and rarely causes much pain. An intravenous will be started, so that the doctor may give you medication to make you feel relaxed and sleepy. While you are lying on your side, the tube is inserted into the rectum and gradually advanced through the colon. The doctor will examine the lining of the bowel, perform any necessary biopsies or polyp removal, then the tube is slowly withdrawn. You may feel uncomfortable during the test from time to time because air is used to inflate the bowel.

### **What are possible complications?**

While all the doctors at the VEC are very experienced and use the utmost caution, there are well documented small risks associated with the procedure. However the risk of not getting screened is significant (1 in 20 lifetime risk for colon cancer).

- **Bowel Preparation:** There is a risk of dehydration with the bowel preparation. Drinking lots of fluids with electrolytes (like sports drinks) helps to increase the quality of the bowel preparation and also decreases the risks of dehydration and the associated risks.
- **Drug reaction:** It is possible, although extremely unlikely, that you will develop a reaction to one of the medications. The reaction is usually mild and in the form of rashes, hives, or itching at the site of the IV catheter.
- **Perforation:** Puncture of the wall of the colon is very rare (1:1000 chance). If it occurs surgery might be necessary to repair the perforation and you will be hospitalized.
- **Bleeding:** There is a small risk of significant bleeding (1:100 chance) if a polyp is removed. Bleeding can occur up to 10 days later. This usually settles without further treatment and rarely blood transfusions or surgery may be required. Contact your physician or go to the emergency department if you have rectal bleeding of more than one half cup.
- **Missed abnormalities:** Some polyps or abnormalities might be missed. The risks are significantly higher if your bowel is not cleaned properly.

### **What can I expect after the colonoscopy?**

Your pulse, respiration and blood pressure will be checked while you are in the recovery room. You may feel bloated or have some cramping. Due to the sedation given, your judgment and reflexes may be impaired for the rest of the day. Someone must accompany you home. You cannot drive or operate machinery for 12 hours post sedation. Unless your doctor tells you otherwise, you may resume your regular diet after leaving the VEC.

The doctor will explain the results of the examination to you and provide you with a written summary. These findings will also be communicated to your referring doctor.

### **What am I consenting to?**

Your signature acknowledges that you have 1) read this information prior to taking the bowel preparation and give informed consent to have a colonoscopy with possible polypectomy and biopsy done, 2) that the procedure and risks have been adequately explained to you and 3) that you authorize the VEC endoscopist to perform the procedure with the assistance of any other healthcare staff, 4) you have agreed to pay for any uninsured services selected (those not covered by OHIP) either on an individual fee basis or by a block fee that is valid for 12 months, 5) a missed appointment fee of \$150 will be charged if sufficient cancellation notice is not given (72 hours prior to the procedure).

*On the rare occasion, the specialist may determine that it is necessary to perform a gastroscopy. A gastroscopy is the examination of the upper part of the gastrointestinal tract. Gastroscopy is usually well tolerated and rarely causes much discomfort. The doctor may spray a local anaesthetic (xylocaine) into the back of your throat to numb the throat area. You may have a numb mouth and tongue up to an hour following the procedure and you may have some discomfort in your throat for a few hours (rarely).*

**If you have any questions about the information contained in this document please contact the clinic. We would be happy to assist you or provide clarification. You will have an opportunity before the procedure to discuss your concerns with a physician or nurse at your request.**