

NORTH YORK ENDOSCOPY CENTER

2 CHAMPAGNE DRIVE (CHAMPAGNE CENTRE), UNIT B19 TORONTO ON, M3J 2C5

TEL: 416-645-5145 FAX: 416-645-1401

Ano-Rectal Instructions:

Preparation for patients prior to their appointment:

1. One day prior to the appointment please restrict yourself to a light diet, such as: soups, consommé, porridge, mashed potatoes and other cooked vegetables. Avoid heavy foods, such as meat/fried dishes. You can take all your regular medications.
2. The morning of the appointment have only water, tea or coffee with your usual medications. Patients who are diabetic should have a light breakfast. However, if you are diabetic, please let us know in advance so that we may try to schedule your appointment for an earlier time.
3. The morning of the appointment upon waking, insert Enema into your rectum. Microlax Enema or Fleet can be purchased at a Pharmacy and does not require a prescription. Usually within 20-30 minutes you will have a bowel movement.

*Patients who have a painful condition in and around their rectum or whom are allergic or suspect they are allergic **DO NOT** need take this enema.*

4. Please bring a list of all your current medications and any other medical or X-ray reports with you.
5. If you have any other questions regarding preparation please call us prior to your appointment at 416-645-5145.