

**COLONOSCOPY INSTRUCTIONS – PEG 4L**

Colonoscopy Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

Appointment Location: Renfrew Victoria Hospital – 2<sup>nd</sup> Floor – Daycare

**Canceling an appointment with insufficient notice prevents the hospital from booking another patient into that appointment. If you need to cancel or reschedule your appointment, please contact the Surgeon's office at 613-432-7201 at least 7 working days prior to your appointment so that someone else can be booked for the procedure. If you cancel with less than 7 working days notice, or if you do not show up for your scheduled appointment, there will be a fee of \$100.00 for any missed appointments.**

What is a Colonoscopy?

A colonoscopy is a procedure that allows examination of the lower part of the gastrointestinal tract called the colon (aka. large intestine, large bowel). During the procedure a video camera at the end of a narrow flexible tube is inserted through the anus and advanced through the colon and sometimes a short distance through the small intestine (ileum). Polyps may be removed or tissue samples may be taken (biopsy).

Additional information is available online at: <http://digestive.niddk.nih.gov/ddiseases/a-z.aspx>

**Please bring:**

- current medication list and your pill bottles
- someone to drive you home
- C-PAP machine if you currently use one (for sleep apnea)
- Pre-admission Questionnaire

**PREPARATION**

- The Surgeon's office must be aware of all medications that you may be taking, as some of them can interfere with the preparation, performance and safety of the colonoscopy.
- The Doctor must be informed well in advance of the procedure if you have **diabetes, sleep apnea, kidney disease, heart disease**, if you take any **blood thinners** (Coumadin, Pradax, Xarelto, Eliquis)
- Please let the office know of any drug allergies and if there is a family history of malignant hyperthermia.
- If you are usually constipated take two Dulcolax tablets nightly for 3 days before you begin the bowel preparation. This will help with the preparation.

**The most important thing that you can do to ensure the success of your colonoscopy is to properly prepare for the test. The colon must be cleaned out to allow for clear examination of the bowel wall and detection of any abnormalities. Excellent bowel preparation results in a clean colon that allows the test to be done quickly and easily. A poor bowel preparation increases the risk of missing significant lesions, such as cancers or polyps, and may result in the test needing to be repeated.**

**Individual responses for laxatives vary, so you may begin to have bowel movements within one hour or it may be delayed up to 4 hours.**

## DIET INSTRUCTIONS BEFORE YOUR COLONOSCOPY

Starting **4 days prior** to your colonoscopy, foods to avoid:

- **SEEDS: seeds and roughage are important components of a healthy diet. However, we required that you not take these simply because they block the colonoscope and may result in the procedure being stopped and repeated at a later date.**
- Whole grain bread or whole grain cereals or whole grain pasta
- Brown or wild rice
- Oatmeal
- Raw fruits or berries of any kind
- Raw vegetables
- Nuts and seeds
- Food containing any nuts or seeds
- Popcorn

***\*\*If you are not sure whether a food is safe to eat, then DO NOT have it\*\****

***\*\*STOP all fiber supplements 4 days prior to your colonoscopy\*\****

### **PURCHASE THE FOLLOWING AT LEAST ONE WEEK BEFORE YOUR TEST:**

- One 4 Liter bottle of Colyte, Peglyte or Golytely (PEG-based bowel preparations)
- One box of DULCOLAX tablets
- Clear fluids of your choice, e.g.
  - Sport Drinks – Gatorade/Powerade
  - Clear pulp-free fruit juices (apple, white grape, white cranberry, lemonade)
  - Clear soups – broth/bouillon
  - Water, Kool-Aid/Iced Tea, Juice Popsicles, Jell-O, Ginger Ale, 7-Up, Sprite
  - Tea/Coffee without milk products/substitutes
  - **NO RED BEVERAGES**

### **What will happen on the day of the procedure:**

Please report to Surgical Daycare on the 2<sup>nd</sup> floor of Renfrew Victoria Hospital at the time indicated on the first page, which is 60 minutes prior to your scheduled colonoscopy time. When you are admitted to the unit, you will be asked to change into a patient gown and lie down on a stretcher. The nurse will confirm your current medications and allergies and check your blood pressure. A needle will be inserted into a vein in your hand or arm. The nurse will ask about the effectiveness of the bowel preparation. The physician performing the colonoscopy and the anesthesiologist will meet with you and answer any questions you have. You will be taken in to the procedure room. The colonoscope is then inserted and passed through the colon. The test may take approximately 20 to 30 minutes. After the procedure you will be taken back to the recovery room. Prior to discharge from the unit, the nurse or doctor will review the results of your colonoscopy and arrange follow-up. If you develop severe abdominal pain, or fever, or if you pass blood from the rectum, return to your hospital's ER.

**Because of the sedation you are considered legally impaired for 24 hours.**

**You must be accompanied home from the test.**

**You must NOT drive for 24 hours.**

**TIPS FOR DRINKING PEGLYTE**

- Keep the mixture in the refrigerator so it is cold and drink the mixture through a straw placed far back in your mouth
- Rinse your mouth with water or mouthwash after drinking the mixture
- Sip on strong flavoured liquids such as Gatorade/Powerade after drinking the mixture (NO red colour beverages) Do NOT mix the jug of Peglyte powder with anything but water. Adding juice or juice powder to dilute the mixture can only be done after the mixture is prepared.
- You can suck on a hard candy after you drink the mixture - **\*not within 4 hours of procedure\***.
- If you experience nausea with the prep, you may try drinking Ginger Ale to settle your stomach. Or a dose of Gravol (anti-nausea medication) 25-50mg may be taken every 4-6 hours as required. This can be purchased from any pharmacy without a prescription.

**PREPARATION FOR A COLONOSCOPY WHEN ARRIVAL TIME IS BEFORE 9AM**

Arrival time is one hour before procedure time.

**DAY BEFORE COLONOSCOPY**

**DATE:** \_\_\_\_\_

Eat a light breakfast (toast, tea, coffee, juice).

1. Drink only clear fluids after breakfast. Solid foods, milk or milk products are NOT allowed until after the colonoscopy is completed.
2. Prepare the Peglyte according to the instructions on the bottle. Do this early in the morning and be sure to refrigerate the bottle.
3. At 2:00PM take 2 (TWO) Dulcolax tablets with water.
4. At 5:00PM drink 2 (TWO) liters of Peglyte within 2 hours – an 8 oz glass every 10-15 minutes. Chilling the Peglyte and rapidly drinking each glass can make it easier to tolerate.
5. Ideally, the best time to take the second 2L dose is 4-6 hours before your procedure. We recognize that not everyone can do this. If you are able to go to bed earlier and wake up 4-6 hours before the colonoscopy arrival time to take the second dose, the preparation will be better. If you are unable to do this, at 10:00PM drink the remaining 2 (TWO) liters of Peglyte within 2 hours or as late as you can that evening.
6. After drinking each two liters of Peglyte, it is important to continue to drink adequate amounts of clear fluid to prevent dehydration. A carbohydrate/electrolyte fluid like Gatorade/Powerade is preferred. If you become dehydrated you may become weak, dizzy and/or light-headed, which can increase your chance of fainting or falling. It is preferable to have a responsible adult with you or available during your bowel preparation period.

\*You will have many watery bowel movements and some cramping.

**DAY OF COLONOSCOPY**

**DATE:** \_\_\_\_\_

1. Take any required medication with a sip of water.
2. Only drink clear fluids, do not eat any solid food.
3. **STOP drinking all fluids 3 hours before your arrival time. Take nothing by mouth from this moment on. This means also avoiding candy and chewing gum 3 hours before your arrival time.**

## PREPARATION FOR A COLONOSCOPY WHEN ARRIVAL TIME IS 9AM OR LATER

Arrival time is one hour before procedure time.

### **DAY BEFORE COLONOSCOPY**

**DATE:** \_\_\_\_\_

1. Eat a full breakfast and a light lunch.
2. Drink only clear fluids after lunch. Solid foods, milk, or milk products are not allowed until after the colonoscopy is completed.
3. Prepare the Peglyte according to the instructions on the bottle. Do this early in the morning and be sure to refrigerate the bottle.
4. At 2:00PM take 2 (TWO) Dulcolax tablets with water.
5. At 8:00PM drink 2 liters of Peglyte within 2 hours – an 8 oz glass every 10-15 minutes. Chilling the Peglyte and rapidly drinking each glass can make it easier to tolerate.
6. After drinking each two liters of Peglyte, it is important to continue to drink adequate amounts of clear fluid to prevent dehydration. A carbohydrate/electrolyte fluid like Gatorade/Powerade is preferred. If you become dehydrated you may become weak, dizzy and/or light-headed, which can increase your chance of fainting or falling. It is preferable to have a responsible adult with you or available during your bowel preparation period.

\* You will have many watery bowel movements and some cramping.

### **DAY OF COLONOSCOPY**

**DATE:** \_\_\_\_\_

1. Starting 5-6 hours before the time you are to arrive at the hospital, drink the remaining 2 liters of Peglyte. For example, if you are to arrive at 10AM, start at 5AM. Drink the Peglyte within 2 hours.
2. It is important you finish your preparation at least 3 hours prior to your scheduled arrival time. For example, if you are arrive at 9AM you need to be done by 6AM.
3. Take any required medication with a sip of water.
4. Only drink clear fluids; do not eat any solid food.
5. **Stop drinking all fluids 3 hours before your arrival time. Take nothing by mouth from this moment on. This includes avoiding candy and chewing gum 3 hours before your arrival time.**

## IMPORTANT

- Stop ASPIRIN or ASPIRIN-containing drugs 7 days before procedure
- Stop WARFARIN/COUMADIN 5 days before procedure
- Stop BRILINTA, TICLOPIDINE, PLAVIX 5 days before procedure
- Stop ELIQUIS, PRADAXA and XARELTO 2 days (48 hours) before procedure
- You do not need to stop your ASPIRIN
- We will arrange a referral to the Thrombosis Program
- Take your usual morning blood pressure, heart and thyroid pills with a small sip of water
- If you are diabetic DO NOT take your diabetes pills
- If you use long-acting insulin, you should take HALF of the regular dose
- Continue to take your inhalers as usual
- Bring any inhalers with you to the hospital