

**Appointment Date and Arrival Time:** \_\_\_\_\_

Please arrive at the Surgical Daycare Unit 2<sup>nd</sup> Floor RVH at your given arrival time (will be ~1.5hours prior to procedure).

**Cancelling 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 this 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 (biopsies) may be taken. Additional information is available online through our website ([www.renfrewhosp.com/patient-resources](http://www.renfrewhosp.com/patient-resources)).

### **PREPARATION**

- 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/warfarin, Pradaxa, Xaralto, eliquis, etc).
- Please let the office know of any drug allergies and/or if there is a family history of malignant hyperthermia.

**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.**

- 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.
- Individual responses to the preparation medications vary, so you may begin to have bowel movements within one hour, or it may be delayed up to 4-6 hours.

### **One week before your procedure:**

- Purchase the following from the drugstore:
  - 1 x 4 litre bottle of GoLytely/Peglyte/CoLyte (PEG-based bowel preparations)
  - 1 x box of dulcolax tablets
  - Clear fluids of your choice (e.g. Gatorade/Powerade, clear pulp-free juices (apple, white grape, lemonade), soup broth, jello, ginger ale, tea/coffee without milk products or substitutes, 7-Up, juice popsicles, etc). No red beverages.
- Stop all iron tablets
- If you are on blood thinners, Coumadin/warfarin, Pradaxa, Xaralto, eliquis etc., or diabetes medication, follow instructions on the last page of this form
- **Seeds and roughage are important components of a healthy diet. However, we require 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.** Please do not eat seeds, corn, multigrain breads, pasta or whole grain cereals, raw fruits or berries, raw vegetables, popcorn, and nuts one week prior
- Stop all fiber supplements
- Prepare a list of your medications including dosage and when taken to bring with you

- Arrange transportation to and from your procedure. You will not be able to drive due to the medication given on the day of the procedure. You will be able to leave 1-2 hours after the appointment. You may be picked up or leave by taxi as long as you are accompanied by someone other than the taxi driver. Because of the sedation medications, **you are considered legally impaired for 24 hours. You must be accompanied home from the test. You must NOT drive for 24 hours.**

**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. When you are admitted to the unit, you'll 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. An IV 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 into the procedure room. The colonoscope is then inserted and passed through the colon while you are sedated/sleeping. The test may take approximately 30-45 minutes. After the procedure you will be taken back to the recovery room. Prior to discharge from the unit, the nurse will review the results of your colonoscopy and send you home with a brief written summary from the physician. After the procedure, if you develop severe abdominal pain, or fever, or if you pass a lot of blood from the rectum, return to your hospital's ER.

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

**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

### 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 to 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.**

### 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 3 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.

**IMPORTANT**

- **If you are on a blood thinner** – speak to the Booking Clerk regarding clear instructions for stopping the medication and timing prior to your colonoscopy
- You do not need to stop baby aspirin (ASA 81mg) unless you are specifically instructed to – in which case it should be stopped 7 days prior to the colonoscopy
- Take your usual morning blood pressure, heart, and thyroid pills with a small sip of water
- **If you are diabetic** – speak to the Booking Clerk regarding clear instructions for which medications and doses to take
- **Continue your inhalers** as usual and bring any inhalers with you to the hospital

**Day of the Colonoscopy please bring:**

- Current medication list and your pill bottles
- Someone to drive you home
- Pre-admission questionnaire