

COLONOSCOPY PREPARATION - ENHANCED BOWEL PREP WITH PEG

PLEASE READ AND FOLLOW THESE INSTRUCTIONS CAREFULLY

Colonoscopy Date: _____ Time: _____

IF YOU NEED TO RESCHEDULE YOUR COLONOSCOPY, PLEASE CONTACT OUR OFFICE (519) 254-4154 AT LEAST 5 BUSINESS DAYS BEFORE PROCEDURE DATE ON THE DAY OF THE PROCEDURE:

-If your procedure is scheduled **at Rose City Endoscopy**: arrive at ROSE CITY ENDOSCOPY 30 minutes before your procedure time and register at the reception desk.

-If your procedure is scheduled **at Windsor Regional Hospital**: arrive at WINDSOR REGIONAL HOSPITAL MET CAMPUS 1 hour prior to your procedure. Register yourself first at the Admitting Department.

BOWEL PREPARATION INSTRUCTIONS:

Please purchase **PegLyte (TWO 4-Litre containers) and ONE packet of DULCOLAX** at a pharmacy. No prescription is needed. Another PEG preparation may be used instead (Colyte, GoLyteLy). If the product is in powder form, add water to the powder as instructed on its packaging to dissolve it. You will need to drink 6 litres in total as outlined below.

1. **FOUR DAYS AND THREE DAYS BEFORE THE PROCEDURE**: At 5:00pm take **2 DULCOLAX** tablets (5 mg each) with water.

2. **TWO DAYS BEFORE THE PROCEDURE**: Do not have solid food or milk products.

Diet for this day is restricted to **CLEAR LIQUIDS ONLY** for the entire day. **Drink plenty of clear fluids**, which include: water, apple juice, yellow Jell-O, chicken broth, Gatorade/Powerade (clear), popsicles, water, ice, black tea or coffee, decaffeinated pop, etc. Do not have liquids that you cannot see through (such as dairy).

At 12:00pm (noon): drink 2 litres of the PegLyte(PEG) solution. You can drink it slowly, but please finish.

3. **ONE DAY BEFORE THE PROCEDURE**:

Do not have solid food or milk products. Diet for this day is restricted to **CLEAR LIQUIDS ONLY** for the entire day, as explained above. **Drink plenty of clear fluids.**

At 7:00 pm: drink 2 litres of the PegLyte(PEG) solution. You can drink it slowly, but please finish.

4. **DAY OF THE PROCEDURE**:

SIX (6) hours before the time of your procedure: drink 2 litres of the PegLyte(PEG) solution, preferably over 1 hour and please finish.

→ This may mean waking up very early, but will lead to a cleaner colon and an easier procedure for you.

→ You may have clear liquids up to 2 hours prior to the procedure time. Do not have any solid food on the morning of the procedure.

PROCEDURE: The colonoscopy will take approximately 30-45 minutes to complete. After the examination you will follow the post-procedure instructions.

IF YOU HAVE DIABETES AND TAKE INSULIN:

In addition to the above instructions, you should have **ONE** of the following choices every hour during the **TWO** days prior to the procedure. Check your blood sugar regularly.

- 125 mL (1/2 cup) clear fruit juice.
- 125 mL (1/2 cup) regular ginger ale or other caffeine free clear soft drink
- 250 mL (1 cup) broth (chicken, beef, vegetable)
- 1/3 cup **regular** Jell-O (Yellow only)
- ½ regular popsicle (**NOT** red, purple, green or chocolate)

IMPORTANT: Unless specifically instructed otherwise, take all of your scheduled morning medications on the day of the procedure, except for:

- ☐ Plavix (Clopidogrel) – Stop 7 days prior to the procedure
- ☐ Brilinta (Ticagrelor) – Stop 7 days prior to the procedure
- ☐ Coumadin (Warfarin) – Stop 5 days prior to the procedure
- ☐ Pradaxa (Dabigatran) – Stop 3 days prior to the procedure
- ☐ Xarelto (Rivaroxaban) – Stop 2 days prior to the procedure
- ☐ Eliquis (Apixaban) – Stop 2 days prior to the procedure
- ☐ Diabetes medications – hold on the procedure day; check your blood sugar regularly

AFTER THE PROCEDURE

- You will be monitored in the recovery area until you are ready for discharge.
- You may feel sleepy for some time and should plan to rest for the rest of the day.
- You may have cramps as you pass the gas used during the procedure.
- **You must not drive for 24 hours after the procedure due to the effects of sedation.** Do not engage in activities requiring alertness (such as cycling, using power tools, etc.) or make important decisions for 24 hours after sedation.
- **Discharge/Pick-up time** is approximately 2 hours after procedure time. Please make arrangements to have an adult pick you up. **If there is no acceptable adult who can pick you up, you will not be given sedation on that day.** A responsible adult must accompany you home in a car or taxi, stay with you, and check on your condition frequently for at least 12 hours to help you if there are any post- procedure problems.

POSSIBLE COMPLICATIONS

- The instrument may puncture a hole through the bowel wall, which would have to be repaired by surgery.
- Bleeding can occur from the site of biopsy or polyp removal. This usually stops by itself, but on rare occasions may require transfusion or surgery.
- The stress of the procedure or the medications used for sedation may rarely produce irregular heart rhythms or other heart problems, requiring treatment. You will be monitored carefully during the procedure and in the recovery area.
- There may be irritation of the vein used for administration of the medication - you may notice a tender lump, which should disappear within a few days.
- If you have severe abdominal pain, fever, or significant rectal bleeding after your procedure, you must urgently return to the closest Emergency Department.

IF YOU HAVE QUESTIONS ABOUT THESE INSTRUCTIONS, YOU MAY CALL OUR OFFICE AT (519) 254-4154.