

COLONOSCOPY PREPARATION INSTRUCTIONS WITH PEG PREP

PLEASE READ AND FOLLOW THESE INSTRUCTIONS CAREFULLY

Colonoscopy Date: _____ Time: _____

IF YOU NEED TO RESCHEDULE YOUR COLONOSCOPY - PLEASE NOTIFY 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:

You will need to purchase PegLyte (4 Litre container) 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 and make sure it has dissolved.

1. 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. **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, etc. Do not have liquids that you cannot see through.

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

2. ON THE DAY OF THE PROCEDURE:

Six (6) hours before the time of your colonoscopy: drink the remaining 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.

→After finishing the PegLyte (PEG) solution, you may have **CLEAR LIQUIDS up until TWO (2) hours before your procedure**. Take your usual morning dose of blood pressure or heart medications with sips.

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

3. IF YOU HAVE DIABETES AND TAKE INSULIN:

In addition to the above instructions, you should have ONE of these choices every hour during the ONE day prior to the test. 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)
- 1/2 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 day of the test; 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 typically needs to be repaired by surgery. The risk of perforation is approximately 1 in 1000.
- Bleeding could occur from the site of biopsy or polyp removal. The risk is approximately 1 in 500. This usually stops by itself, but may require additional intervention or therapy.
- You will be monitored carefully during and after the procedure. The stress of the procedure and medications used for sedation may rarely produce irregular heart rhythms, or other types of heart or breathing complications requiring treatment.
- An intravenous line is inserted for the procedural sedation. You may notice a tender lump or bruise at the intravenous site, 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.