

ENHANCED COLONOSCOPY PREPARATION WITH PURG-ODAN

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

Endoscopy resources are extremely limited and wait lists are long. Please be responsible.

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 **THREE Sachets of PURG-ODAN** and **ONE packet of DULCOLAX** at a pharmacy. No prescription is needed.

IMPORTANT: Do **not** follow the instructions on the **PURG-ODAN** insert. Instead, empty the contents of a sachet into a mug or glass and mix with 150mL (5oz) of cold water. Stir for 2-3 minutes until all the powder dissolves. If the mixture heats up, let it cool before you drink it. Continue to stir while it cools.

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:**

Diet for this day is restricted to **CLEAR LIQUIDS ONLY for the entire day**. Clear liquids include apple juice, yellow Jell-O, chicken broth, Gatorade/Powerade (clear), popsicles, water, ice, black tea or coffee, decaffeinated pop, etc. NO SOLIDS, MILK PRODUCTS, or other liquids that you cannot see through are allowed.

At 12:00pm (noon) take the 1st packet of **PURG-ODAN**. Mix it with 150 ml of cold water and drink it. Drink at least 1 glass of water each hour over the next 3 hours. Take extra clear fluids subsequently. You will start to have watery bowel movements.

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

Diet for this day is restricted to **CLEAR LIQUIDS for the entire day**. No solids are allowed. TRY TO DRINK A TOTAL OF 4 LITRES OF GATORADE (CLEAR) DURING YOUR BOWEL PREPARATION.

At 6:00 pm: take the 2nd packet of **PURG-ODAN**. Mix it with 150 ml of cold water and drink it. Drink at least 1 glass of water each hour over the next 3 hours. Take extra clear fluids subsequently. You will have further watery bowel movements.

4. **DAY OF THE PROCEDURE**

Six (6) hours before the scheduled procedure time: take the 3rd packet of **PURG-ODAN**. Mix it with 150 mL of cold water and drink it. This may mean waking up very early, but will lead to a cleaner colon and an easier procedure for you. Continue to drink at least a glass of water each hour over the next three hours. You may drink clear fluids **up to two (2) hours** before the appointment time, and then nothing by mouth until after the procedure has been completed.

PROCEDURE: The colonoscopy will take approximately 30-45 minutes to complete. After the procedure you will be provided with further instructions.

5. 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 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. The risk of this is approximately 1 in 1000.
- Bleeding can occur from the site of biopsy or polyp removal. The risk of this is approximately 1 in 500. Bleeding may stop by itself, but 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 at the intravenous site, which should disappear within several 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.