

COLONOSCOPY PREPARATION INSTRUCTIONS WITH PEG

Your colonoscopy is scheduled on _____ . Procedure time is not yet set.

Four business days before your colonoscopy you will get a phone call to notify you of the time to arrive at the hospital. If you do not receive this call, please call 613-354-3301 ext 231 before 3pm.

Come to the front entrance of the hospital. The screener will give you further instructions.

Expect to spend 1.5-3.5 hours at the hospital on the day of the procedure. The person accompanying you should remain within 15 minutes from the hospital. Hospital parking is free.

IF YOU NEED TO RESCHEDULE YOUR COLONOSCOPY - PLEASE NOTIFY OUR OFFICE (613) 354-8240 AT LEAST 10 BUSINESS DAYS BEFORE PROCEDURE DATE

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.

BOWEL PREPARATION INSTRUCTIONS:

1. **SEVEN DAYS BEFORE THE PROCEDURE:** Stop eating nuts, whole grains (including flax, quinoa, etc.), and foods with seeds (grapes, berries, corn, popcorn, cucumbers, sesame, poppy, kiwi, etc).

2. **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 PEG solution over 1-2 hours.

3. **ON THE DAY OF THE PROCEDURE:**

Six (6) hours before the time of your colonoscopy: drink the remaining 2 litres of the PEG solution over 1 hour. 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.

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IF YOU HAVE DIABETES AND TAKE INSULIN (or oral hypoglycemic medications):

In addition to the above instructions, you should have ONE of these choices every hour during the 1 day prior to the colonoscopy. 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
- 125 mL (1/2 cup) broth (chicken, beef, vegetable)
- 1/3 cup **regular** Jell-O (Yellow only)
- 1/2 regular popsicle (**NOT** red, purple, green or chocolate)

TAKE ALL OF YOUR REGULARLY SCHEDULED MORNING MEDICATIONS ON THE DAY OF THE PROCEDURE (Unless specifically instructed otherwise), except for:

- ☐ Aspirin (ASA) - continue Aspirin; it does not need to be stopped
- ☐ Diabetes medications – do not take on the procedure day; check blood sugar regularly
- ☐ Plavix(Clopidogrel) – Stop 7 days before the procedure
- ☐ Brilinta (Ticagrelor) – Stop 7 days before the procedure
- ☐ Coumadin (Warfarin) – Stop 5 days before to the procedure
- ☐ Pradaxa (Dabigatran) – Stop 2 days before the procedure
- ☐ Xarelto (Rivaroxaban) – Stop 2 days before the procedure
- ☐ Eliquis (Apixaban) – Stop 2 days before the procedure
- ☐ Lixiana (Edoxaban) - Stop 2 days before the procedure
- ☐ Iron – Stop 7 days before the procedure

AFTER THE PROCEDURE

- You will be monitored in the recovery area until discharge.
- You may continue to feel sleepy and should plan to rest for the remainder 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 that require alertness (such as cycling, using power tools, etc.) or make important decisions for 24 hours after sedation.
- An adult **MUST REMAIN CLOSE TO THE HOSPITAL UNTIL YOU ARE READY FOR DISCHARGE** and 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 post-procedure problems. They must pick you up at the hospital entrance.

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 can occur from the site of biopsy or polyp removal. The risk is approximately 1 in 500. This usually stops, but may require additional intervention or therapy.
- The stress of the procedure and sedation medications may rarely produce irregular heart rhythms or other types of heart or breathing complications requiring treatment.
- You may notice a tender lump or bruise at the intravenous site, which will resolve within a few days.
- If you notice 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 (613) 354-8240.