

COLONOSCOPY PREPARATION INSTRUCTIONS - ENHANCED PURGODAN

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 THE PROCEDURE DATE

Please purchase **THREE Sachets of PURG-ODAN, ONE packet of DULCOLAX, and TWO FLEET enemas** 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.

BOWEL PREPARATION INSTRUCTIONS:

1. **SEVEN DAYS BEFORE THE PROCEDURE:** Stop eating nuts and seeds including grapes, berries, corn, popcorn, cucumbers, sesame seeds, poppy seeds, kiwis, figs, etc.
2. **FOUR DAYS AND THREE DAYS BEFORE THE PROCEDURE:** At 5:00pm take **2 DULCOLAX** tablets (5 mg each) with water.
3. **TWO DAYS BEFORE THE PROCEDURE:**
 At 8pm self-administer the first fleet enema.
4. **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 8:00am self-administer the second fleet enema.
 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 may start to have watery bowel movements.
 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.
5. **DAY OF THE PROCEDURE**
 Six hours before your arrival 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 2 hours** before your arrival time, and then nothing by mouth until after the procedure has been completed.

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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 2 days 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.